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Tuesday, November 22, 2011
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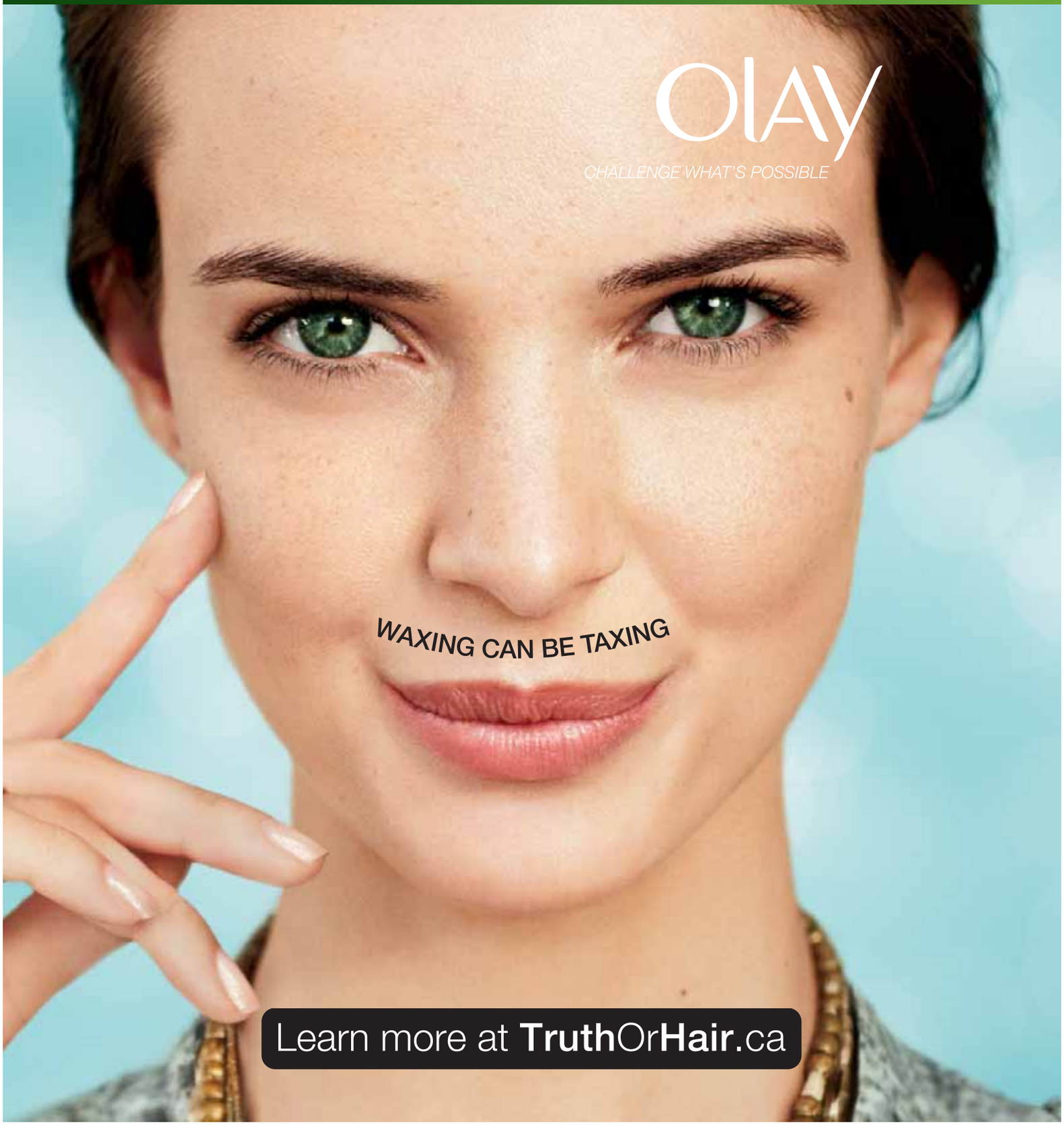

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OCCUPY TORONTO
NOW THAT THEY CAN BE EVICTED, WHAT'S NEXT FOR PROTESTERS? {page 3}

OH NO, J.LO

PLEASE PUT SOME PANTS ON AND PARK THE CAR {page 17}

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Tuesday, November 22, 2011
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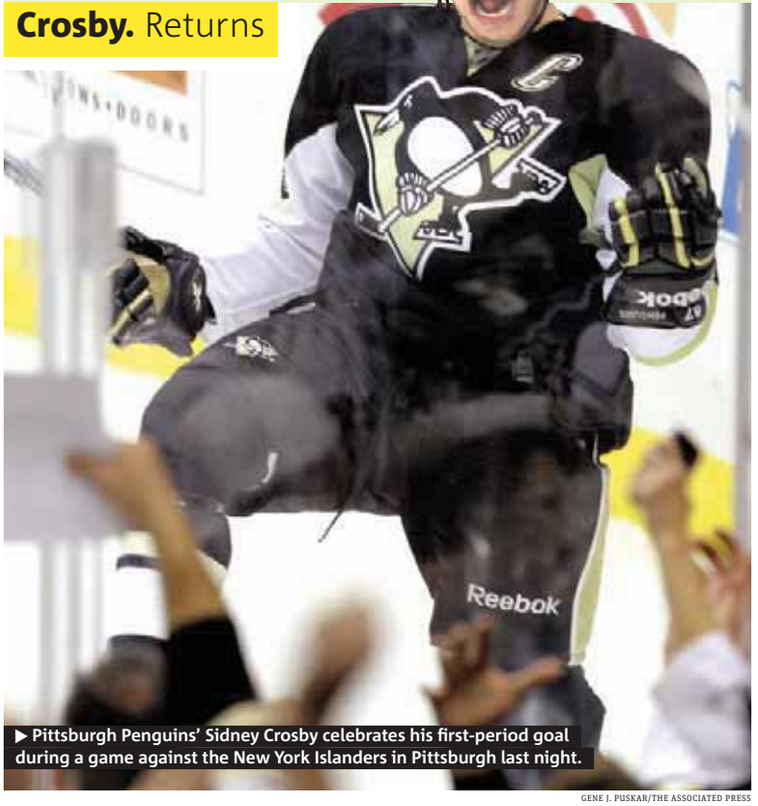
News worth sharing.

Crosby. Returns



▶ Pittsburgh Penguins' Sidney Crosby celebrates his first-period goal during a game against the New York Islanders in Pittsburgh last night.

GENE J. PUSKAR/THE ASSOCIATED PRESS

Kid lives up to great expectations

Sidney Crosby didn't disappoint fans after his long-awaited return to NHL action last night. The Pittsburgh Penguins captain opened the scoring against the New York Islanders. He collected the puck near centre ice, muscled his way past a defenceman and flipped a backhand over the goaltender. Story, page 35.

Mayor Ford looking for 'scabs': OFL

One union local believes city will lock out workers early in the new year, union leader Sid Ryan says

Ontario's top union leader says Mayor Rob Ford has been interviewing prospective replacement staff since September in preparation for a showdown and lockout of thousands of city employees.

Sid Ryan, president of the Ontario Federation of Labour, called on the province's unions to converge on Toronto and stop the Ford administration from hiring so-called "scabs" and beating up the city's workers in collective bargaining.

"We have an opportunity to send a very strong signal to Rob Ford," Ryan said in a speech to more than 1,500 union activists at the federation's biennial convention.

Deputy Mayor Doug Holyday denied that the mayor had interviewed possible staff to replace employees if the city locked out workers early next year. "I know for a fact that Rob Ford personally hasn't interviewed anybody," said Holyday, chair of the city's labour relations committee.

The city employs about 24,000 inside and outside members of the Canadian Union of Public Employees whose contracts expire at the end of December. The two sides have made little progress because the city can't get the unions to the bargaining table for cost-cutting talks, Holyday said.

Ryan made the claim while underlining the need for organized labour to fight the growing business practice in recent years of hiring cheaper outsiders to weaken unions and win contract disputes.

TORSTAR NEWS SERVICE

"We know for a fact that Rob Ford is already interviewing — he has been doing it since September — and looking for scabs."
SID RYAN, PRESIDENT, ONTARIO FEDERATION OF LABOUR

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Jail time for man who drenched TTC driver

A 20-year-old man is looking at more than a month in jail after dumping a bottle of water on a Toronto bus driver.

The Toronto Transit Commission says the man got into an argument with the bus driver over a fare on Nov. 13. The man poured the contents of a water bottle over the driver's head and then pushed him.

Police arrested a suspect a short time later, charging him with assault and failing to comply with conditions of his probation order.

Taiseer Abubakar pleaded guilty to all charges Friday and was sentenced to 36 days in jail.

THE CANADIAN PRESS

2 The TTC says an average of two employees are assaulted every day.

Only six to plead in G20 mayhem

The 17 alleged co-conspirators accused of plotting the G20 mayhem have struck a plea bargain with prosecutors that would see 11 defendants walk free and the other six face jail terms of less than two years, the Toronto Star reports.

The six pleading guilty would be pleading to the lesser crime of counselling to commit an indictable offence. TORSTAR NEWS SERVICE

City hoping occupiers will leave peacefully

- Occupy lawyers don't seem to be planning an appeal of ruling
- In other cities, kicked-out demonstrators stage flashmob-style rallies

NATHAN DENETTE/THE CANADIAN PRESS

▶ An occupy Toronto protester kisses his parrot yesterday after a judge ruled that all tents and people are not permitted to stay overnight in St. James Park.

Now that a Superior Court judge has ruled Occupy Toronto protesters can be evicted from St. James Park, what's next?

Local councillor Pam McConnell is worried "there will be violence in this park" reminiscent of the G20 if an exit strategy isn't negotiated with protesters. That's something the mayor's office is not going to do, say city sources.

Here's what will likely happen over the next few days: Mayor Rob Ford and city manager Joe Pennachetti said they want Occupy out as soon as possible.

City sources say demonstrators will be given "some time" to vacate — at least until tomorrow morning, but perhaps longer if progress is being made. City parks staff are on site to help anyone move who asks. At press time, they had taken down two tents.

Officials expect the majority of Occupy Toronto protesters to be cooperative, but a faction of hardliners has made it clear they have no plans to leave. "A dozen, maybe two, they want the photo of being dragged away," said one official.

When asked if the police service is prepared to physically move demonstrators, spokesman Mark Pugash said: "We don't ever discuss what our plans are," but that facilitating a "peaceful protest" has been a priority from the beginning.

TORSTAR NEWS SERVICE

'Phase 2'

- Adbusters magazine founder Kalle Lasn, who is essentially the architect of the Occupy movement, said last week that as camps are taken down, Phase 2 will begin.
- That stage would be "much more angry, more visceral," with surprise strikes against "business as usual."

1 news

The Quebec government announces that a Montreal university will appoint North America's first research chair on homophobia. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

There's plenty of good economic news to be found these days, and Allan Small says investors should be paying attention to it. More at metronews.ca/investing.

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TORSTAR NEWS SERVICE

▶ Parking lot at 10 York St.

Reaching for new heights

City joins tallest condo competition with plans for a 75-storey building

A new player has emerged in the contest for Toronto's tallest condo — with the city at the helm.

Build Toronto is set to announce plans for a 75-storey building at 10 York St. in partnership with Tridel.

The corporation, led by a board of directors comprised of private and public real estate experts, was launched under David Miller in 2009 to sell or develop properties the municipality no longer needs to generate revenue for the cash-strapped city.

This site currently houses a parking lot and was previously a Toronto Police Service Towing compound.

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Only 13% of city lawyers take legal aid work: Study

The people of Ontario's north are likely to be hit hardest by funding and policy changes to legal aid services, a new study shows.

Northern districts including Kenora and Cochrane have a higher percentage of lawyers doing legal aid work than elsewhere in the province. Ontario spends more per capita on legal aid funding in the north — $31.59 versus $6.54 in Renfrew, near Ottawa, according to the results released yesterday.

Toronto, by contrast, has the lowest percentage of lawyers taking legal aid cases — just 13 per cent — and one of the worst records for lawyers providing services pro bono, with 42 per cent saying they sometimes work for free, compared with 80 per cent in Haliburton.

The report, entitled the Geography of Civil Legal Services, looks at the distribution of lawyers and paralegals in Ontario and was part of a long-term research project.

TORSTAR NEWS SERVICE

Drop in funds

▶ Legal Aid Ontario has been paring its operations budget over two years to cope with an almost 50 per cent drop in funding from the Law Foundation of Ontario.

TANYA TALAGA/TORSTAR NEWS SERVICE

▶ Chris Bentley

Construction halts at Mississauga gas plant

Work has finally stopped at the Mississauga gas plant — 58 days after the Liberal government promised it would.

Energy Minister Chris Bentley announced yesterday the Ontario Power Authority had secured an agreement with Greenfield South, the builders of the plant, to halt construction.

TORSTAR NEWS SERVICE

News in brief

Looking to space for help

AIR POLLUTION. Health Canada wants to get a better idea of how much air pollution there is on Earth by heading into space.

The federal health department plans to spend up to $430,000 on a study that will measure the levels of pollutants in the air above Canada and the U.S. by using NASA satellite imagery, according to a public procurement notice.

Health Canada will then combine what they learn with census data from Statistics Canada to examine any link between mortality rates and exposure to pollution.

TORSTAR NEWS SERVICE

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No relief in sight as office complaints rise

Canadians cite excessive workloads, lack of work-life balance, unclear job expectations, inadequate staffing as top sources of workplace stress: Study

Workload complaints have reached staggering proportions among Canadian employees, a global research firm said yesterday.

Nearly nine in 10 employers — 89 per cent — reported heavy workload as a complaint among staff, results of a Towers Watson study show.

A similar study by the same professional-services firm two years ago found 64 per cent of employers reported excessive-workload complaints among staff, a difference of 25 percentage points.

"Most organizations report that employee stress is a major and growing business issue," the latest results also show, comparing results to surveys done every two years for the past 16 years on the health and productivity practices of Canadian and U.S. companies.

In the United States, workload concerns rose less dramatically, but were higher than in Canada in the first place, said Keri Alletson, a researcher on the Towers Watson study. The U.S. figure rose to 87 per cent from 78 per cent.

Among U.S. employees, fears of losing a job also ranked high as a stressor.

Among respondents, 56 per cent of U.S. employers reported such fears among their staff, compared with 36 per cent in Canada, she said.

As firms look to combat stress, disability and absenteeism, some are considering pay bonuses to workers who engage in fitness and other health-management programs, the survey found.

Mental-health issues ranked as the No. 1 cause of both short-term and long-term disabilities in Canada, the survey showed.

"That certainly ties in with what we have seen," said Aimee Israel, chief executive of the Toronto-based workplace consulting company LifeSpeak.

"We work with companies across Canada that have access to our online library and mental-health videos are among the most in demand," she said.

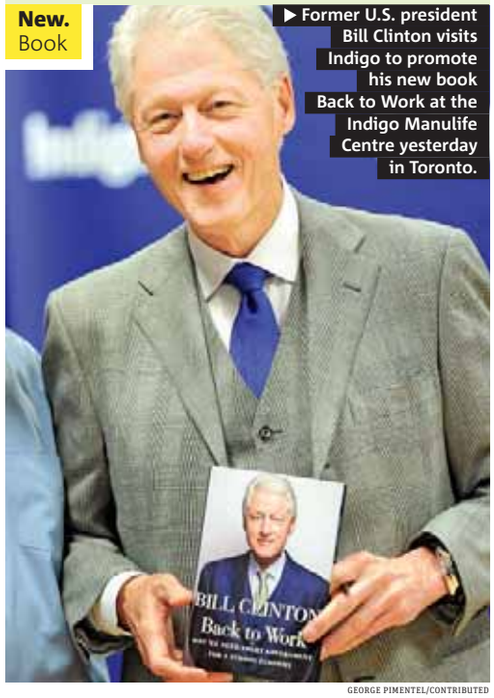
The survey was completed by 335 human resources and health benefit managers at Canadian and U.S. companies with 1,000 or more employees. The responders represent 7.8-million workers in all major industry sectors, the Towers Watson researchers said.

TORSTAR NEWS SERVICE

Disability claims

- Mental-health conditions featured in 83 per cent of short-term disability claims in Canada, researchers found. Next were back and other musculoskeletal issues at 76 per cent, followed by accidents at 37 per cent.
- Similarly, such conditions were cited in 85 per cent of long-term disability claims, followed by musculoskeletal issues at 76 and cancer at 63 per cent, the study said.

New. Book



▶ Former U.S. president Bill Clinton visits Indigo to promote his new book Back to Work at the Indigo Manulife Centre yesterday in Toronto.

GEORGE PIMENTEL/CONTRIBUTED

Clinton hits town

In Back to Work, Bill Clinton spells out the course of action America needs to consider in order to restore its status and re-inspire the American Dream. "Work is about more than making a living," he writes. "It's fundamental to human dignity, to our sense of self-worth as useful, independent, free people."

Levac voted Speaker in upset victory

Ontario parliamentarians have turned to a high school principal to keep their House in order.

Liberal MPP Dave Levac upset early favourite MPP Donna Cansfield in a second-ballot victory yesterday to become Speaker of the Legislature.

"I'm very moved," said Levac, a member since 1999 and the only one of the four candidates vying for the job to have served in both the opposition and government benches.

"We can make this work," he said of Ontario's first minority parliament in decades.

In an apparent slap at Premier Dalton McGuinty on the eve of Tuesday's throne speech, disaffected Liberal backbenchers joined forces with some Progressive Conservative and NDP MPPs to elect the veteran educator.

While McGuinty was neutral in the contest, many felt that Levac, who has never sat in cabinet, would be a more sympathetic referee to opposition members and other Grits passed over for ministerial posts. TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Donna Cansfield congratulates Dave Levac.

Guard stabbed at subway station

Toronto police say a security guard chasing a suspected shoplifter was stabbed yesterday afternoon.

Police say the stabbing happened at the Lawrence West Subway Station around 1:45 p.m. and the guard suffered a cut to his throat.

He was taken to hospital and was described as conscious and breathing when emergency workers arrived.

The suspect is described as black, around 30 years old and about six feet tall with a medium build.

THE CANADIAN PRESS

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Egypt's cabinet offers to resign

Violent clashes continue in Cairo Turmoil comes a week before start of key parliamentary elections

Egypt's army-appointed government handed in its resignation yesterday, an apparent gesture to thousands of protesters in Cairo's Tahrir Square who clashed for the third straight day with security forces in violence that has killed at least 24 people and posed the most sustained challenge yet to the rule of the military.

The crowds in Tahrir, which had grown to well over 10,000 after nightfall, broke out into cheers with the news of the Cabinet's move, chanting "God is great." But there was no sign the concession — resignation of a virtually powerless Cabinet — would break their determination to protest until the military steps down completely and hands over power to a civilian government.

"I will keep coming back until they kill me."
MOHAMMED SAYYED, A PROTESTER IN TAHRIR SQUARE STRUCK IN THE HEAD BY A RUBBER BULLET

Beating drums, the protesters quickly resumed their chants of "the people want the ouster of the field marshal," a reference to Field Marshal Hussein Tantawi, the head of the council of generals that has ruled the country since the Feb. 11 fall of authoritarian President Hosni Mubarak.

The Supreme Council of the Armed Forces, which Tantawi heads, did not immediately announce whether it would accept the mass resignation. Many Egyptians had seen the government, headed by Prime Minister Essam Sharaf, as a mere facade for the military and either unable or unwilling to press ahead with democratic reform or take action to stem increasing turmoil and economic crisis around the country.

THE ASSOCIATED PRESS

▶ A protester flashes V for victory yesterday, the third day of clashes with security forces at Tahrir Squar

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KHALED DESOUKI/GETTY IMAGES

e in Cairo.

Canada joins U.S., U.K. with sanctions on Iran

Canada joined Britain and the United States in announcing additional sanctions against Iran yesterday, as the three countries stepped up pressure on Tehran to end its nuclear weapons program.

The United Nations International Atomic Energy Agency in Vienna warned two weeks ago Tehran was more than likely on the way to acquiring nuclear weapons and pointed to several troubling signs.

"We will do what it takes to isolate the regime and to minimize the risk that it poses to global peace," House leader Peter Van Loan told the Commons.

Iran has steadfastly maintained the program is for peaceful purposes.

The U.S. sanctions, announced yesterday, target Iran's oil and petrochemicals industry and Iranian companies involved in nuclear procurement.

The U.S. government has also declared Iran's banking system a centre for money laundering — a stern warning to financial institutions around the world to think twice before doing business with Iran.

U.S. President Barack Obama said Iran had a choice: Come clean on its nuclear program and reap the benefits of closer economic co-operation with the world, or face even more pressure.

Britain's Treasury chief George Osborne said yesterday that Britain was cutting financial ties with Iranian banks.

THE CANADIAN PRESS

Canadian sanctions

House leader Peter Van Loan told the Commons that Canada would expand previous sanctions to block "virtually all" transactions with Iran's central bank.

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▶ Album cover of Il Vero Amore.

FOLK-SINGER TALKS ABOUT BEING BERLUSCONI'S SIDEKICK

'IN ITALY, I AM THE ONE WITH THE PEST NOW'

Former cruise ship crooner, flamboyant billionaire, and now ex-Italian prime minister, Silvio Berlusconi kick-starts a new career by going back where it all began: The music industry.

All the 11 "elegant and refined songs" in his newest release Il Vero Amore (True Love), are written in Neapolitan dialect by Berlusconi and arranged by folk-singer Mariano Apicella.

Over the past decade, Apicella has been invited to the former PM's luxury retreat in Sardinia. Now, he admits "people look at me as if I was infected with a plague."

What's it like having Silvio Berlusconi as a sidekick for your album?

The Premier, who is from Milan, has the rare privilege of being comfortable even with the hardest words of the Neapolitan dialect ... He's got natural talent: He could write a song in five minutes or even at night.

From the streets of Naples to Berlusconi's villas, your musical collaboration goes far beyond the studio albums.

I have a one-year contract with him. I work on call: He summons me and sometimes we play together at his parties. They were absolutely normal and decent dinners.

Becoming Berlusconi's personal serenader must be a tough job.

Even if you are Frank Sinatra or Pavarotti, but you are friend with Berlusconi, people look at you as you were a "chiavica" (Neapolitan for "garbage").

Your music career owes a lot to Berlusconi. Aren't you afraid that it will fade away along with his political adventure?

I don't believe he will ever quit his political career. He's not a quitter. He cannot stand inactivity.

LILLO MONALTO MONELLA
METRO WORLD NEWS IN ITALY

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Pepper spray controversy hits top cop

The University of California Davis has placed its police chief on administrative leave amid outrage over widely circulated videos of officers dousing pepper spray on student Occupy protesters.

Officials said it was necessary to restore trust and calm tensions following Friday's crackdown. The officers involved have already been placed on leave.

THE ASSOCIATED PRESS

Hugh Grant. Hacking

▶ Actor Hugh Grant arrives to give evidence at Britain's media-ethics probe, set up after the scandal over phone hacking at Rupert Murdoch's News of the World.

ALASTAIR GRANT/THE ASSOCIATED PRESS

Another tabloid implicated

Hugh Grant told a London courtroom he believes his phone was hacked by Britain's Mail on Sunday tabloid — the first time he has implicated a newspaper not owned by media mogul Rupert Murdoch.

Gates testifies in $1B lawsuit

Lawyer: Microsoft encouraged competitor only to withdraw support

Microsoft's Bill Gates took the witness stand yesterday in a $1-billion US antitrust lawsuit accusing the software maker of duping a competitor prior to its rollout of Windows 95.

Novell Inc. sued Microsoft in 2004, claiming the company violated U.S. antitrust laws when it launched Windows 95. Novell says it was later forced to sell WordPerfect for a $1.2-billion loss.

Novell argues that Gates ordered company engineers to reject WordPerfect as a Windows 95 application because he feared it was too good. WordPerfect's share of the market then plummeted from nearly 50 per cent to less than 10 per cent.

A Novell attorney conceded Microsoft was under no legal obligation to provide access to the Windows 95 operating system so Novell could prepare a compatible WordPerfect version.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas / Gold
- 107.76 (11,784.68)	- 0.99¢ (96.36¢ US)	- 75¢ US ($96.92 US)	$3.399 (+ 8.3¢) / $1,678.60 (- $46.50)

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SUNDAY BEST: AN ODE TO BRUNCH

SHE SAYS ...

JESSICA NAPIER
METRO

In my early 20s, eating breakfast on the weekend was a pretty pathetic affair. It never happened before 1 p.m. and almost always took place at a greasy diner called The Pancake House. Sweatpants were the dress code and if my bill came to more than $6 after tax and tip I was doing something wrong.

After I graduated and moved off campus into a grownup apartment something happened: I stopped eating breakfast and started going for brunch.

If you're unfamiliar with the most delicious portmanteau in the dictionary, brunch is that sweet spot between breakfast and lunch. It isn't just a meal; it's an epicurean event. Brunch is a hungover server's worst nightmare and arguably the most civilized part of my week.

To become a person who brunches (it's also a verb now), you must develop a whole new attitude toward the late-morning meal.

"I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch."

When I go for brunch, I expect to wait at least 45 minutes for a seat because, naturally, any restaurant worth going to doesn't take reservations. When I finally sit down, I order three different beverages — ice water, an Americano and a mimosa — to combat my dehydration, fatigue and hangover, respectively. I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch.

If my buttermilk pancakes have berries in them, I want those berries hand-foraged from a local bramble and soaked in cassis for three days. I don't want sausage; I want chorizo. I don't want toast; I want fresh-baked focaccia seasoned with rosemary and sea salt. Why is that Bloody Caesar in a regular glass — shouldn't it be in a decorative mason jar?

I probably shouldn't be this high-maintenance when it comes to breakfast. I really can't afford to care this much about where my fruit garnish came from and whether the chicken that hatched my egg-white omelette was raised on an organic diet.

Yes, I could make these meals at home, saving myself money and the hassle of this so-hip-it-hurts ritual. But, as gratuitous as it is, brunch has become an integral part of my weekend routine.

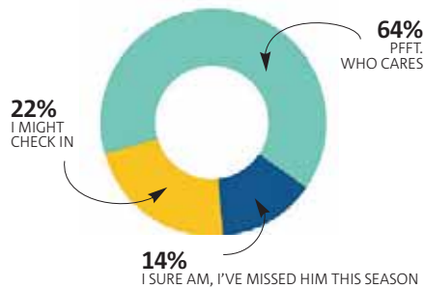
One day a week I give myself licence to be completely pretentious about waffles and consume 1,200 calories before noon. Let's face it: Sunday just can't happen until I've had some hollandaise.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be watching Sidney Crosby's return to hockey tonight?



Local tweets

- **@UrbanGirl_2011:** Walked by #occupytoronto tonight! Doesn't look like much is happening!
- **@serenamarie:** Just announced — Safe place for occupiers who need to get warm, get away, etc : United Steelworkers at 25 Cecil St. #OccupyToronto #OccTO
- **@JeffSempleCBC:** Just did a live hit from #OccupyToronto with a protester screaming in my face the entire time about CBC's coverage of the Royal Wedding.
- **@LindsayJeanM:** @OccupyToronto you can still have your freedom of speech. Camping is not in the definition of freedom of speech
- **@canopticon:** Huge barricades blocking the peoples library. Bravo to those inside with the courage to face arrest
- **@strictlylampin:** Crosby!!!!!!! #sidthekid #nhl
- **@JDOutspoken:** And Crosby is back!!! He looks good!
- **@jonahwolfraim:** Tune in to CBC Hockey Night in Canada for a brand new season of 'The Crosby Show'!

Worth mentioning

RESTROOM LAURELS. Toronto restaurant e11even has been named the best in Canada — not for the food but for the loo.

The upscale downtown dining spot won the second annual "Canada's Best Restroom" contest conducted by Mississauga-based Cintas Canada Ltd., a provider of hygiene products.

Thousands of votes were cast on the contest's website, Cintas said.

With marble from floor to ceiling and elegant mosaic tile accents, e11even's washrooms flushed away the competition.

In second place was Allstream Centre in Toronto, followed by Hotel Le Germain in Montreal, David Morris Fine Cars in Edmonton and the Ottawa Convention Centre.

"We are thrilled to receive this honour," said e11even general manager Steven Salm. "While it may not always be top of mind when dining, we feel that the restroom is an integral part of the overall design."

THE CANADIAN PRESS

photo of the day

metro PHOTO CHALLENGE

▶ This photo titled Haló? was submitted to the Photo of the Day category by Martina Teislerova from Czech Republic.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until today. As well as a chance to win a trip to any city Metro publishes, submissions will also be featured here.

WEIRD NEWS

Pint-sized with monster drive

Kaid Jaret Olson-Weston is strapped into a 1,270-kilogram half-scale monster truck, humming playfully as he waits for the green light.

KJ, as he is known to his fans, sits patiently as he and his coach go over the safety features in his truck.

The roll cage is lowered. KJ starts the engine and jumps over humps of dirt before crushing a beat-up car. He spins the truck — and its 90-kilogram tires — clockwise, then backwards, leaving behind a cloud of dust in its tracks at his training centre in Ocala, Fla.

Despite these feats, KJ can barely see over the steering wheel. At eight years old, he is the youngest monster-truck driver.

KJ performs across the U.S. at about 60 different shows every year. He signs hundreds of autographs at each show, but still considers himself an average kid.

"I do really good in school and am able to drive this, which people think it might be hard but it's actually pretty easy," he said. THE ASSOCIATED PRESS

▶ KJ with his monster truck.

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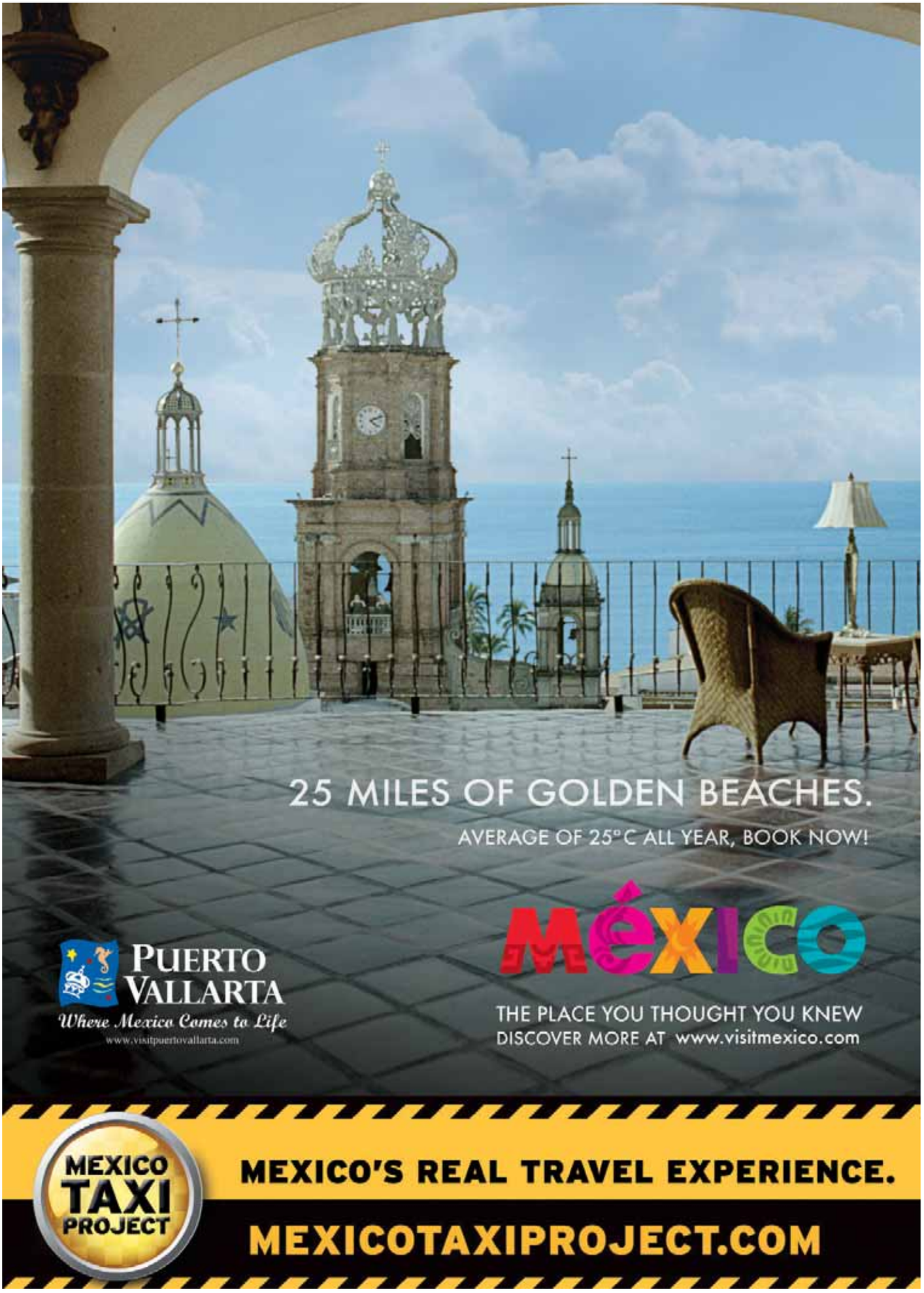
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Kingsley keeps it simple

Actor Sir Ben Kingsley talks about the importance of understatement when filming in 3D

HANDOUT

▶ Sir Ben Kingsley plays Georges Melies, one of the world's first filmmakers, in Hugo.

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Last year he played a mysterious doctor in Martin Scorsese's Shutter Island and now Sir Ben Kingsley partners up once again with Marty as he affectionately calls him, but for lighter fare. In Hugo, Kingsley plays one of the world's first filmmakers, Georges Melies, who directed A Trip to the Moon and hundreds of other silent films in the early 20th century. Kingsley gave Metro a few moments of his undivided attention to chat about the 3D filmmaking of Hugo and his upcoming film, The Dictator.

George Melies' film A Trip to the Moon is one of the most iconic early films ever made. Do you remember where and when you first saw it?

I don't remember when it was but I do know that when I was at school, it was a great school and it had a film society. We were able to watch some of cinema's masterpieces that came from way back. I know that we watched Fritz Lang films, Eisenstein films, and I think in and amongst them was The Trip to the Moon because I know I'd seen it before I got [Martin Scorsese's] offer. It was so familiar.

Did shooting in 3D for Hugo affect your performance at all?

Yes. The 3D camera brought a kind of bonus where it was detail, detail, detail, very little CGI, which fed our performances tremendously and kept us in character beautifully. Also, the scrutiny of a 3D camera is quite alarming. I noticed fairly early on that the 3D camera can see what you've done before you've done it. It's so scrutinizing. It's x-ray. You can see the most delicate changes of body language and facial expression, almost pulse and heartbeat. One thing that 3D camera insisted on was, "don't try to act. Don't show off. Don't be clever." Of course, Mr. Scorsese would also say, "keep it simple. Keep it honest." I mean, that's almost his maxim.

On the set of Hugo you were known for staying in character as Melies in his later years, when he was quite cranky and withdrawn. How did your young co-stars Asa Butterfield (Hugo) and Chloe Grace-Moretz (Isabelle) react to that?

Staying in character for me was almost mandatory. I'm quite fit and slim but I had to strap on this pot belly and I had to strap on this hump in my shoulders to have this depressed body. I'm more like the [younger] Georges directing in the glass house. I felt, it was going to be a huge effort to take all this off so I thought, "I must stay in character." Even though he was a sad man and somewhat defeated, I quite enjoyed that I had to stay in character. Then I learned to capitalize on it. I started speaking to both [Moretz and Butterfield] in French. I found it really fed the work so that by the time, whenever Marty said 'action' to Asa, he was already dealing with me.

2 scene

Scene in brief

Acclaimed documentaries from Werner Herzog, Errol Morris, Morgan Spurlock (shown) and Steve James have missed out on a shot at the Academy Awards. Herzog's Into the Abyss, Morris' Tabloid, Spurlock's The Greatest Movie Ever Sold and James' The Interrupters did not make the short list of 15 documentaries eligible for the feature-length prize at the Feb. 26 Oscars.
THE ASSOCIATED PRESS

Enthused by 3-D, Martin Scorsese learns to see in a new dimension with Hugo

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Super 8
Genre: Sci-Fi
Director: J.J. Abrams
Stars: Elle Fanning, Amanda Michalka, Kyle Chandler
●●½

Is it possible to be fake and sincere at the same time?

J. J. Abram's Super 8 pays homage to the popcorn pics Steven Spielberg (who gets a producer credit here) cranked out a few decades back.

It's also a grab bag of pop cult references (think Lost, Twilight Zone, Aliens, The Goonies, Gremlins).

Super 8 is set in 1979 in fictional Lillian, Ohio, where a group of kids making a home movie witness a spectacular — and suspicious — train crash. A mysterious "whatsit" aboard the train escapes, and U.S. Air Force goons set about brutally finding it.

Abrams' casting is impeccable. Joel Courtney and Elle Fanning make cute as Joe and Alice, young huggers brought together by danger, MIA moms and duelling dads. Riley Griffiths plays an amusing Charles, the junior filmmaker of the title. And Kyle Chandler evokes a younger, leaner Alec Baldwin in his role of the deputy sheriff.

Abrams has learned well from the master, Spielberg. But in the end, its calculating manner, with every element weighed for maximum nostalgia value and ironic hipster cred, leave the film feeling artificial.

● PETER HOWELL

The Devil's Double
Genre: Drama
Director: Lee Tamahori
Stars: Dominic Cooper, Ludivine Sagnier, Raad Rawi
●●●

The Devil's Double tells recent Iraqi history through a doppelganger's dilemma: does he destroy his family or his soul?

Director Lee Tamahori's dynamic thriller is based on the true story of Latif Yahia, the regular Iraqi forced to play stand-in for Saddam Hussein's psychopathic elder son, Uday, owing to an accident of resemblance.

If Latif refuses, his family will be killed.

Britain's Dominic Cooper gives a knockout performance as good guy Latif and evil clown Uday. It's the stuff star dreams are made of.

Set in 1991 during the first Persian Gulf War, The Devil's Double is as lurid as a DayGlo painting and possibly more graphically violent than it needs to be. Yet Tamahori insists reality was far worse than what he has depicted, a view reinforced by the daily headlines.

● PETER HOWELL

Starbuck
Genre: Comedy
Director: Ken Scott
Stars: Patrick Huard, Julie LeBreton, Antoine Bertrand
●●●

A one-joke premise about a sperm-selling slacker forced to confront his own fertility gets a surprisingly moving treatment in this Quebec comedy by Ken Scott.

David Wozniak (Patrick Huard) is a good-time Charlie in Montreal whose good times seem about to end: the mob is after him for unpaid debts and his girlfriend Valérie is tired of his boyish antics. But his troubles really begin when a lawyer tells him he's the father of 533 children, thanks to his highly saleable sperm. And now those kids are trying to identify the donor, who has been code-named Starbuck, after a gifted bull.

A set-up like this could be milked for cheap laughs. But Starbuck thankfully goes in more for hard-won home truths. ● PETER HOWELL

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Dear JLo: Please put your pants back on

We have seen enough to know that we have seen too much

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Jennifer Lopez is ridiculous.

I put up with her Fiat commercials. I admit I was a little thrown when the car appeared in her Papi music video (and a 30-second trailer for the video) but I dealt with it. But did a Fiat 500 really have to appear onstage with her during her performance of Papi during Sunday night's AMA's?

It's just that everything lately with the celeb has been so in-your-face. I realize she is trying to stage a comeback and is trying to refill her bank account, but it's reaching saturation point (like, what was up with that skintight Britney Spears-esque bodysuit she was wearing at the AMA's? We get it. You're 42 and still super hot but come on, put some pants on. You're a mom now; you can be sexy without showing off your crotch).

ALL PHOTOS GETTY IMAGES

▶ It seems Jennifer Lopez dragged Britney's old get-up out of the closet for Sunday's American Music Awards.

She is acting like a slutty reality TV contestant instead of the true star she is.

Another case in point? She was sure to leak her behaviour at a celebrity-packed AMA after-party to Us Weekly. The magazine reported that Lopez retreated to a private booth with her new boy toy, dancer Oscar Smart, where she was seen grinding on his lap, rubbing his head and kissing him.

This isn't to say that Lopez shouldn't have a good time now that she's single and on the prowl. She gets a hearty "you go, girl!" for that. But she should do so within reason. And, for God's sake, leave your endorsements of Fiat for the commercials.

Celebrity tweets

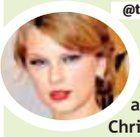
@Colin_Hanks

Without American thanksgiving to hold it back, Paris is very close to becoming Christmas city y'all. And it's not even December.

@PamGrier

We do not stop playing because we are old, We grow old because we stop playing.

@taylorswift13



I got really excited about Christmas and bought all the holiday flavored coffee creamers at the grocery store.

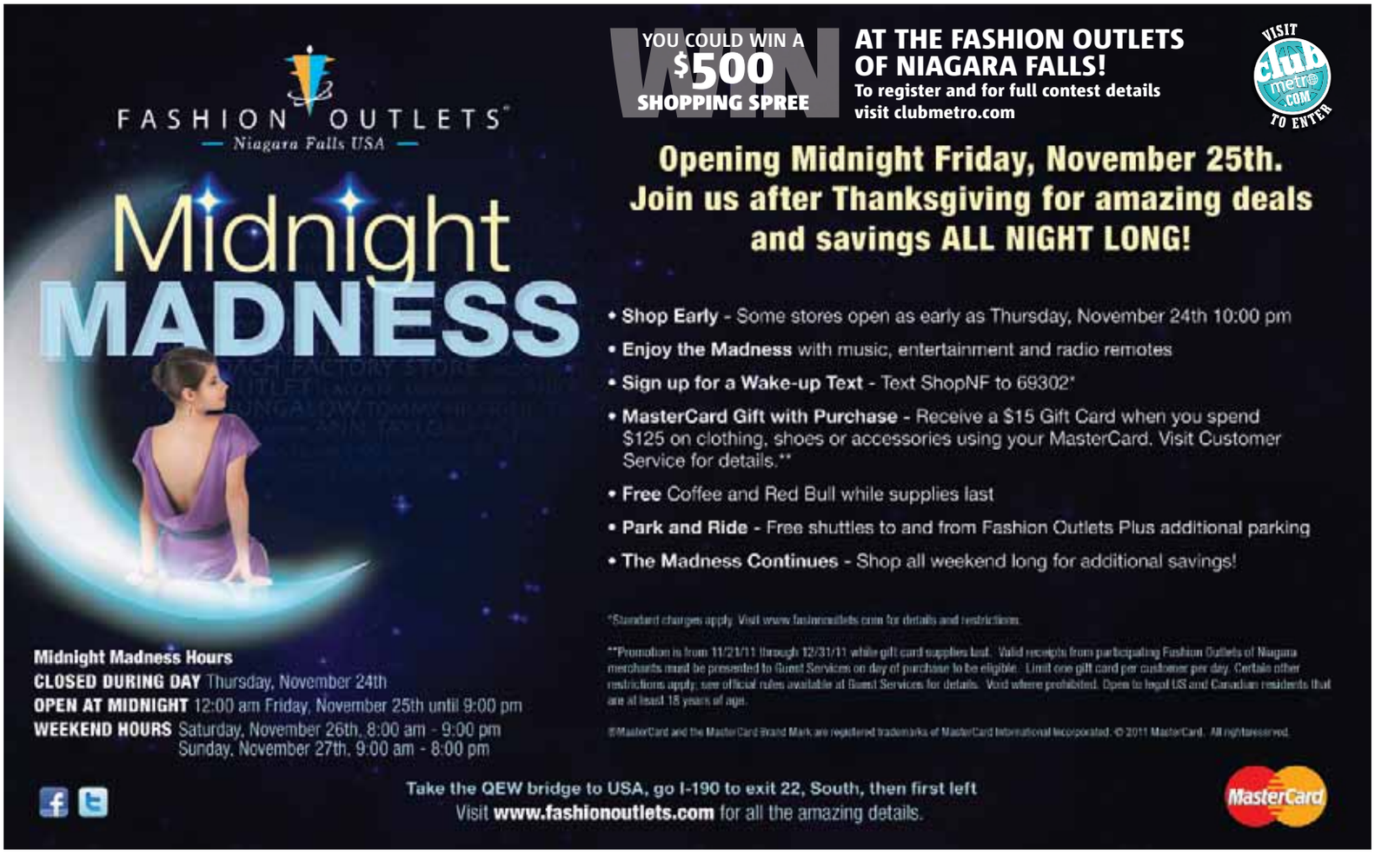
@pattonoswalt

"You just don't get it, man." -- my body fat, whenever I attempt exercise.

Driving away divorce?

Just before Demi Moore announced she was divorcing him, Ashton Kutcher reportedly made a last-ditch effort to save their marriage by buying her a brand new car, according to TMZ.

Sources say Kutcher spent upwards of $100,000 for a 2012 Lexus, ordering it Nov. 9 — two days before Moore's birthday. It's unclear if Moore accepted the gift or if Kutcher had to return it. METRO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• Sign up for a Wake-up Text - Text ShopNF to 69302*
• MasterCard Gift with Purchase - Receive a $15 Gift Card when you spend $125 on clothing, shoes or accessories using your MasterCard. Visit Customer Service for details.**
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3 life

A new study shows

Scientists from the University of Barcelona found that eating nuts is linked to higher levels of serotonin, which decreases appetite. Just one ounce (approx 30 grams) a day of can boost happiness and heart health.

METRO WORLD NEWS

AIDS epidemic levelling off, but AIDS-free generation may still be too optimistic, experts say

Taylor-made abs

Women sighed, men gasped
Taylor Lautner's personal trainer Jordan Yuam tells us how to get the Breaking Dawn star's rock hard abs

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

After making fun of Taylor Lautner's hot physique, his svelte Twilight co-stars Kristen Stewart and Robert Pattinson admitted going "nuts" working out for their Breaking Dawn bikini scene. Lautner, on the other hand, had to go shirtless for the previous installments, sticking to an intense regimen throughout the saga — who's laughing now?

His workout

Lautner's trademark is his washboard abs.

"His Twilight body was perfect but it wasn't symmetrical," Jordan Yuam, his trainer throughout the entire series says. "He was so buff he almost looked cartoonish, but everything was based on the moment he took off his shirt."

When he wasn't filming, Taylor's body was 10 to 12 per cent but for Twilight, Yuam would bring it down to seven per cent.

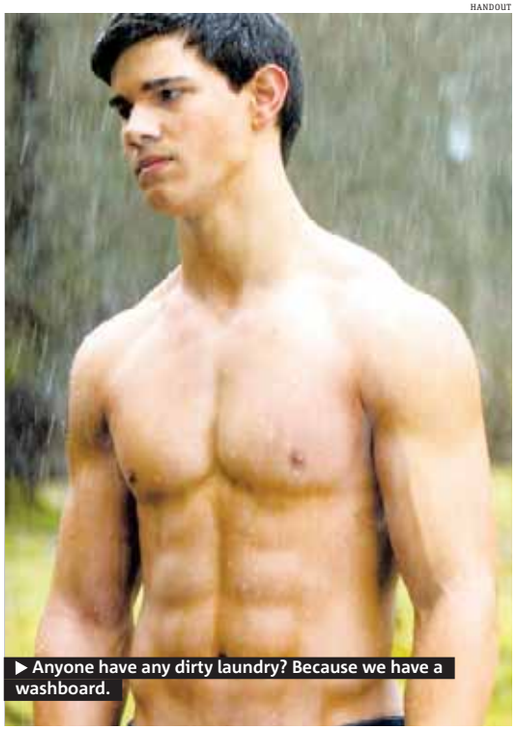
"Taylor's always up for a challenge, he's so focused and disciplined. We'd meet up four times a week to chisel away fat," Yuam said.

In order to get Taylor ready for his role as ripped werewolf Jacob, Yuam used a combination of classic moves including hanging leg raises and reverse crunches to define his muscles.

The (super) power

"I got Taylor on the power plate," says Yuam. "It's instrumental to my work as I use it to create muscle and for post workout recovery."

HANDOUT



▶ Anyone have any dirty laundry? Because we have a washboard.

He admits that he uses the Power Plate "more than ever" to sculpt his clients' bodies. It's high-speed workout as vibrations (around 1,000 per minute) are transferred to your muscles causing them to contract as a reflex action. This creates internal heat that increases circulation, oxygenates blood flow around the body, flushes out toxins stored in fat cells and lactic acid.

"Working out is about recovery and the plate loosens up your stabilizers so you don't get sore. The idea isn't to do thousands of reps; 25 is enough (12 minutes on the plate). I don't believe in workouts that last more than 50 minutes," Yuam added.

Wolfing food down

"Taylor isn't naturally big. So the key to maintaining his frame was to make sure he ate right pre and post workout. Breaking Dawn was a challenge, as we had to overlap with his Abduction body for which he was doing a lot of boxing," says Yuam. "He was burning a lot of calories and finding it hard to eat enough."

He devised a diet combining healthy fats, carbohydrates and protein.

"He ate simple carbohydrates, such as bananas, to maintain glycogen levels and provide slow energy release throughout the workout as well as whey protein blended with oatmeal to build muscle."

And right before a shirtless scene, Yuam made sure he ate no fruit and vegetables. Just like a real werewolf.

YUAM'S 3 TIPS

1. **TENSE:** The fastest way to lose your body is by over training. Never work on your abs every day or they will lose density. Others may disagree, but I believe the key to lean muscle mass is to work out under localized tension.
2. **TWIST:** Linear abs alone will make your oblique muscles too tight. Do your abs in both a lateral and diagonal plane to avoid a build up of tightness and loss of flexibility.
3. **VIBRATE:** The Power Plate frees up lactic acid, loosens muscles and helps you recover more quickly after a workout. You will feel less fatigue and your muscles won't be so tight.

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APOTEX ADVANCING GENERICS

Try the workout

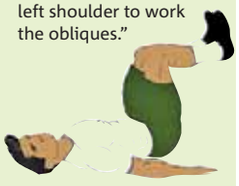
Here are four ab excercises Taylor Lautner has done

HANGING LEG RAISES

- "This helped bring out and thicken Taylor's upper torso," says Yuam. "Hanging leg raises helped round out Taylor's abs. It brings out the muscles around the upper corners of the rib cage and wraps around into his back muscles. I also use this exercise to lengthen the torso. He would do various positions moving from rectal ab area to the oblique area." 12-15 reps holding for 10 counts each time
- **How to do it:** Grab a chin-up bar overhand and hang with your feet together and your knees bent slightly. Bend your knees to lift your thighs up to your chest. When the front of your thighs reach your chest, hold the position and exhale fully. Then slowly lower your knees back to the starting position, consciously inhaling fully. Try widening your legs a little more each time to increase the effectiveness.

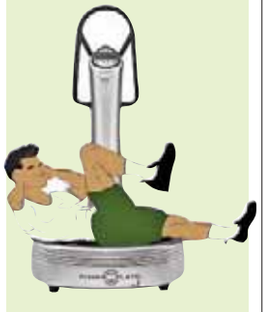
REVERSE CRUNCH

- "He would perform 3 sets at 12-15 reps."
- **How to do it:** Lie like the picture. Then lift your feet off the floor (six inches max) so your thighs are perpendicular to the floor and your legs parallel to the floor. Exhale on your way up, pulling your knees in toward your chest and lift your hips off the floor. As you pull your legs in twist your torso and angle both knees towards your left shoulder to work the obliques."



POWER PLATE CRUNCHES

- "Taylor hated these, they made him feel like he was choking," Yuan said.
- Power plate crunches and bicycle crunches take time to get used to the vibration that goes through your back and it resonates through the chest as well as the neck region.
- "It may feel uncomfortable and breathing must be adjusted. The direct stimulation helped tighten his whole back area. I had him do 2 sets of 60 second crunches and 1 to 2 sets of 60 second bicycle crunches," Yuan said.



COBRA POSE

- "This move helped loosen up his shoulders after lifting a lot of heavy weights."
- "The Cobra pose on a 65 cm exercise ball made sure the front of Taylor's shoulders didn't get too tight. Holding that position no longer than five counts and then standing him up and bending at the waist with his head down circling the arms in each direction for eight rotations. I was alternating this movement with the Power plate to get the lactic acid and stabilizers to recover for more sets and reps."
- "Many men with anterior instability issues should utilize both moves so the inflammation in that region is minimal," Yuam said.

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Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The Truth About Salt

The Salt Institute, an American organization that represents salt companies, is getting the message out that sodium is a nutrient that's essential for good health. But wait a second; isn't salt a bad thing? Best Health associate editor Lisa Hannam went to the Heart and Stroke Foundation of Canada and asked them to clarify things.

"Sodium does help to maintain cell balance and fluid volume in the body," says Carol Dombrow, registereddietitian and nutrition consultant for the Heart and Stroke Foundation's Health Check food program.

Salt, in proper amounts, keeps the body well hydrated and cells functioning properly. Athletes and very active adults may have to increase their sodium intake to compensate for how much they lose through sweat.

However, says Dombrow, "most people don't need to worry about under-consuming sodium. Canadians are eating way too much."

A diet high in sodium has been linked to hypertension, or high blood pressure. The adult upper limit for sodium intake per day is 2,300 milligrams — which is less than half a teaspoon — but an adequate intake to maintain good health is 1,500 milligrams. Dombrow adds that, generally speaking, you won't need to add salt to your meals to make sure you are getting enough, because sodium occurs naturally in many foods.

And a little goes a long way.

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Thoughts on ... Trying

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Get uncomfortable one step at a time, slowly stretching beyond your comfort zones.

When you challenge yourself to try something new you feel a sense of accomplishment and awe.

So begin today. Emphasize the trying, not the succeeding.

You will surprise yourself of how great you will feel.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

METRO CUSTOM PUBLISHING

ENJOY GIFT OF CLEAR VISION WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

BANANASTOCK/THINKSTOCK

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

Most laser vision correction providers offer free comprehensive eye exams, which will determine your candidacy. If you are deemed a candidate, book your procedure and you will be on your way to enjoying life without glasses and contacts. *– Pauline Anderson*

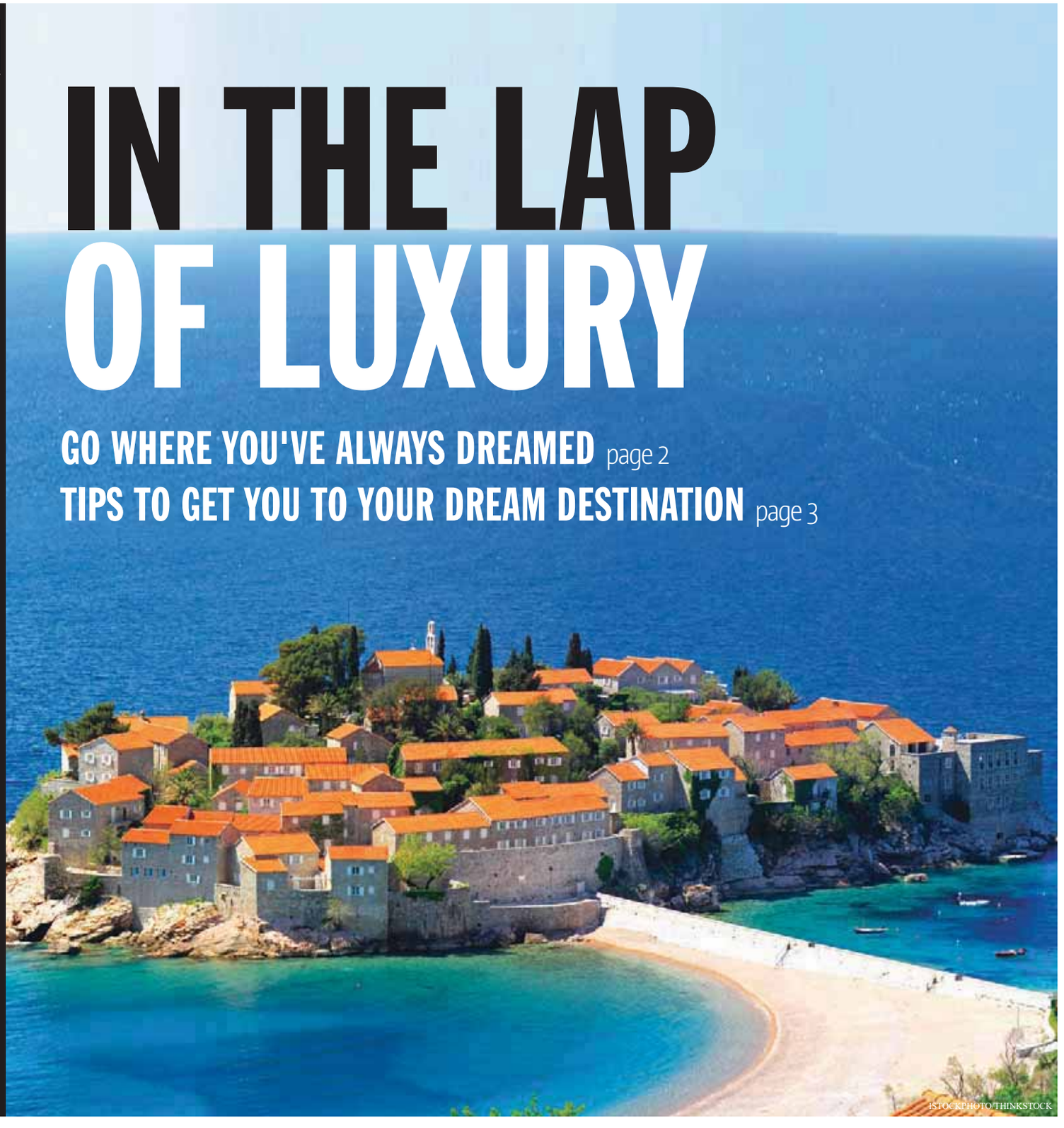
BOARDING PASS!

A SPECIAL METRO REPORT SPONSORED BY AMERICAN EXPRESS®

IN THE LAP OF LUXURY

GO WHERE YOU'VE ALWAYS DREAMED page 2

TIPS TO GET YOU TO YOUR DREAM DESTINATION page 3



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TRIP OF A LIFETIME

JEREMY MAUDE/DIGITAL VISION/THINKSTOCK

AH, LUXURY TRAVEL...

For some people, it's about sipping champagne on a terrace somewhere on the Cote d'Azure in France; for others, it's a long weekend at a five-star hotel in Manhattan, shopping, visiting museums and having a relaxing body treatment at the most lavish spa in the city.

It's really about where you've always dreamed of going, says Gerald Parent, Director of Personalized Travel Service at American Express Canada. "These types of experiences and memories are extremely important to people."

No matter where you're headed on your next vacation, how can you guarantee your trip of a lifetime is memorable and luxurious?

PERSONALIZE IT American Express Platinum Cardmembers are invited to complete a personalized travel profile and then work with one of the company's travel counsellors and concierge team to plan the perfect trip. "We specialize in enhancing a Cardmember's experience through our knowledge and making travel convenient and hassle-free," says Parent.

ENJOY THE PERKS "Luxury travel is not just about a destination, it's about a memory and enjoying the perks", says Parent. For example, American Express Platinum and AeroplanPlus Platinum Cardmembers avoid long security lines by going through a priority access lane before relaxing in private American Express airport lounges across the globe. Also, the Fine Hotels and Resorts Program provides special offers at more than 900 hotels and resorts.

MAKE IT SPECIAL Chocolate dipped strawberries upon arrival, a cosy bathrobe, an extended late checkout...

"These are the little touches that are not expected, but that American Express and its partner hotels can do to make you feel very special," says Parent.

3 LUXURY DESTINATIONS NOT TO BE MISSED

MEDIOIMAGES/PHOTODISC/THINKSTOCK

1 MONTE CARLO The capital of Monaco caters to luxury tastes… fine dining, evenings in the casino and the Grand Prix.

HEMERA/THINKSTOCK

2 DUBAI Dubai is home to some of the most luxurious hotels in the world – and the most amazing skyline.

ISTOCKPHOTO/THINKSTOCK

3 CRUISE TO THE GALÁPAGOS ISLANDS A cruise with Abercrombie & Kent, for example, puts the spotlight on amazing wildlife... and al fresco meals served on the deck.

BE IN THE KNOW

HOW CAN YOU MAKE THE MOST OF AMERICAN EXPRESS MEMBERSHIP REWARDS WHEN YOU BOOK A TRIP?

ISTOCKPHOTO/THINKSTOCK

Megan McKee, Director of Rewards and Strategy from American Express Canada, replies.

DOUBLE DIP Use your Rewards Credit Card and a loyalty points Card, such as Aeroplan or Air Miles, to maximize the number of points you earn on your purchases. Also, with the American Express Gold Rewards Card, Cardmembers can choose to transfer points instantly one-to-one to Aeroplan or to other frequent flyer and hotel programs including Alitalia, British Airways, Delta, Cathay Pacific, Hilton Honors, Starwood Preferred Guest, Air Miles and Priority Club.

FOCUS YOUR SPENDING Maximize your rewards earnings by focusing all of your spending on one Card and shop at merchants that offer an accelerated earn rate. For example, with the American Express Gold Rewards Card, Cardmembers earn double points on all grocery, gas, drugstore and travel purchases.

BOOK LAST MINUTE Save money by booking last minute seat sales with the TripFlex feature of the American Express Gold Rewards Card. With TripFlex you can pay for any travel on your Card and pay for it with points – all without blackout dates, rewards seats and points expiration.

DESIGNER DEALS

A LUXURY VACATION IS SOMETHING WE ALL DESERVE, BUT IS IT SOMETHING WE CAN ALL AFFORD?

Absolutely, say the experts. Here are five tips to help you get on your way to your dream destination.

1 – AVOID HIGH SEASON Everything is cheaper during the off-season.

2 – PAY WITH POINTS The TripFlex option on American Express Cards enrolled in Membership Rewards lets Cardmembers book ANY travel on the Card and pay for it with points – and you can redeem points up to the full amount of the travel purchase.

JEREMY MAUDE/PHOTODISC/THINKSTOCK

3 – PLAN AHEAD Do your research and look for early bird promotions on airline tickets, accommodations and package tours.

4 – KEEP YOUR BAGS PACKED Booking last — minute travel can save money too.

5 – BOOK FREE NIGHTS Joe Ryan, Director, Credit Card Portfolio at American Express Canada, explains that the Starwood Preferred Guest Credit Card from American Express lets you redeem Starpoints for free nights at some of the world's top hotels and resorts including St. Regis, The Luxury Collection, W Hotels, Le Meridien, Westin, Sheraton, Aloft, Element and Four Points by Sheraton.

SIRI STAFFORD/DIGITAL VISION/THINKSTOCK

ACCESS GRANTED

Who was lucky enough this year to attend a U2 concert pre-party at the Sheraton Buenos Aires? Who enjoyed themselves behind the scenes at the Broadway show Wicked? Who was on the guest list for a Preshow Meet and Greet and then the Katy Perry concert in Melbourne?

The answer: All Starwood Preferred Guest Card Cardmembers!

That's right. The Starwood Preferred Guest Card (SPG) from American Express allows Cardmembers to use points to gain access to once-in-a-lifetime experiences in sports, entertainment and more, explains Joe Ryan, Director, Credit Card Portfolio at American Express Canada.

"On Tour with SPG" is an experiential rewards opportunity through Moments by Starwood Preferred Guest that lets Cardmembers use Starpoints to bid on premium ticket offerings, on-site performances, artist parties and VIP venue experiences around the world.

The 2011 line-up also included dinner with Goo Goo Dolls' Johnny Rzenik before his show, a golf outing with PGA Golf Professional Ben Curtis, and a Sing Along with Pat Monahan of Train.

LUXURY HOTEL SUITES AROUND THE WORLD ARE ALL ABOUT COMFORT, SERVICE AND MEMORABLE EXPERIENCES

JUPITERIMAGES/POLKA DOT/THINKSTOCK

"The most luxurious hotel I ever stayed at was the Principesa de Savoia in Milan," says Michael Fazio, the co-founder of Abigail Michaels Concierge in Manhattan. One of the city's top concierges, he is familiar with luxury and service at the world's best hotels.

"It is one of my favourites because of the warmth of the service. I felt like it truly was their pleasure to make everything exactly as I wanted it. I also love knowing that the presidential suite has an indoor pool," says Fazio.

By using your Starwood Preferred Guest Credit Card, you can find yourself at some of the most luxury properties such as Le Meridien Pyramids Hotel and Spa in Cairo, the Schloss Fuschl Resort & Spa in Austria and the St. Regis Bora Bora Resort.

According to Fazio, butler service is available 24/7 in all St. Regis hotels and requests range from providing a perfectly pressed suit to a favourite book for an evening read to a thoughtful last minute gift.

American Express members of The Platinum Fine Hotels and Resorts programs also have access to hundreds of luxury hotels such as the Fairmont Banff Springs hotel in Banff and the Little Palm Island Report and Spa in the Florida Keys.

The über deluxe suites, says Fazio, usually resemble private homes more than hotel rooms. They're decorated by high profile designers with expensive finishes such as marble bathrooms, exotic wood cabinetry, lots of gadgets and comfortable beds and furnishings.

It's easy to see that comfort, service and memorable experiences at these luxury hotels are pretty much guaranteed!

If we took any more care of you we'd be tucking you in
The right person looking after you. Who could turn down service like that?
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ISTOCK PHOTOS

▶ The average age of first pregnancy in Canada is on the rise.

Fertility won't wait for you

Waiting to have children leaving would-be moms empty nested ◗ Expert stresses getting informed

Waiting too long to have babies could leave you disappointed.

Many women are delaying having children until their late 30s and 40s, not realizing that in some cases, even fertility treatments can't help them out, warns the Society of Obstetricians and Gynecologists of Canada (SOGC).

"It's heartbreaking," says Dr. Allison Case, medical director of the ARTUS Fertility Centre at the University of Saskatchewan in Saskatoon. "Patients say, 'If I'd only known.' They wish they could go back three or four years and make a different choice. That's what I see in my office."

The SOGC has developed a new guideline for doctors suggesting that women in their 20s and 30s need better counselling about the age-related risk of infertility and the limits of how much assisted reproductive technologies can help.

The average age of first pregnancy in Canada has been gradually rising over the last few decades. In 1970, the median age for women to have their first baby was 24.5 years. Now, says Case, more women than not are waiting until they deliver their first child over the age of 30.

"The danger is that as women get older, it is more difficult to get pregnant. For every year over the age of 35, the chances of getting pregnant each month drop precipitously," she says. Celebrities are having their babies into their 40s, and this is misleading for patients.

Many couples delay having a family, thinking that they can rely on fertility treatments if they need to.

"Yes, there are wonderful treatments that are able to help many couples, but they still can't overcome the biological effects of age," says Case.

"If they do decide to delay, we want to make sure it is an informed and educated choice."

Older moms

Women's age at first childbirth has increased over the years.

Statistics Women waiting until over the age of 34 was six per cent in 1975, and this grew to 25 per cent by 2005, according to the journal Fertility and Sterility. "If you are waiting until your mid 30s for the first child and you want a second child, it is potentially a lot more difficult to get pregnant at that age. That is why families are getting smaller," says fertility expert Dr. Allison Case.

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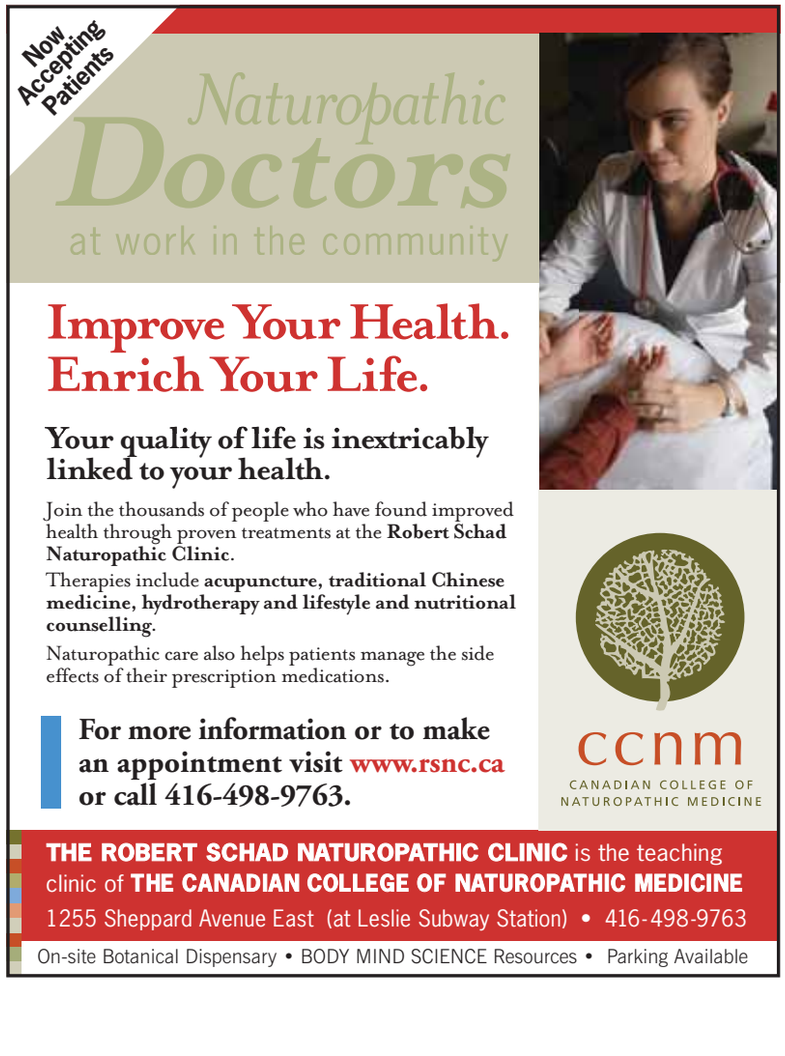
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New workout wants skiers to hit the gym

Fitness centre designing exercises for you before you head to the slopes

RACHEL NEVILLE/THE ASSOCIATED PRESS

▶ The class helps skiers get in shape off the slopes.

Hold out your poles and sway your hips side to side. Lift one leg up and try not to lose your balance.

There are no steep hills below you or trees to avoid. Instead, you've got hand weights and a stepper. And you hope not to bump into your neighbour.

This ski prep workout won't completely relieve you of your fears of being stranded atop the bunny hill (again). But it does make you at least entertain the idea of going skiing. That's the goal of a new ski preparation workout that aims to take skiers from the gym to the slopes in prime condition. Get into shape for skiing and you just might like it. And if you take the class — offered at The Sports Club/LA and Reebok Sports Club/NY locations around the U.S. — you could get discounts on your vacation, too. Why not train for a vacation that you're investing in anyway, said Stephanie Levinson, who created the cardio and strength-training class, called Aspen Ascent.

"People spend so much money to get to a place, take time off work. And if you're prepared you can have such a better time skiing," said Levinson, an avid skier, who has been teaching the class in New York since September at The Sports Club/LA.

The class is a joint effort between the upscale gym chain and Aspen/Snowmass, a ski resort operator with four mountains in Aspen and Snowmass, Colo. The two are offering discounts to each other's customers to get them skiing or working out. Class participants can get a fifth lift ticket free with the purchase of four, and other discounts on lodging, equipment rentals, and more. For resort-goers, they can get a $100 discount on select initiation fees on joining the gym.

THE ASSOCIATED PRESS

The classes

What you need to know about the classes.

General fitness The classes are aimed at skiers, but can help with all winter sports, including ice skating and cross-country skiing, or just general fitness, Levinson says.

Blood pressure monitors are free for hypertension patients

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Gabby's new eatery offers fun twist on pub grub

Variety may be the spice of life — and burger toppings and buns, too

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

Gabby's higher-end concept Hush at King and John certainly has location on its side. And with a modern, dark interior, it looks good too.

The menu offers the usual suspects — sandwiches, salads, burgers — but with trendier ingredients.

The Warm Goat Cheese and Baby Spinach Salad ($13.50) includes an inventive baked panko encrusted goat cheese patty and candied pecans. Nice touches, but the rest of the salad is a bore. And with just drops of citrus vinaigrette, it is also dry.

The Slider Flight ($13/add fries $2) gets kudos for a different bun and toppings on each patty — chipotle aioli on one, smoked jalapeño corn salsa and zucchini "hay" on another. But the buns are tough and the meat impenetrable — perfectly cooked bacon and piquant salsa are not enough to save them. Even the fries are hard to crack.

You've got a captive audience in this area. Captivate us.

STEPHANIE DICKISON

▶ Hush gives good ol' hockey-game-watching fare an interesting makeover.

Hush Restaurant

303 King St. W.
416-979-9799
hushrestaurants.ca
Reservations: Yes
Licensed: No
Quick solo lunch: Yes
Rating: 1.5 out of 5

FOODLAND ONTARIO

Apple bread pudding

This yummy bread pudding uses delicious maple syrup as the sole sweetener.

Simmered away in the slow cooker, it's a real kid pleaser and — bonus — it's nutritious as well.

Ingredients:

- 2 l (8 cups) slightly dry bread cubes
- 750 mL (3 cups) chopped peeled apples (such as Empire, Golden Delicious or Cortland)
- 125 mL (1/2 cup) dried cranberries or raisins
- 4 eggs
- 750 mL (3 cups) 2 per cent milk
- 300 mL (1 1/4 cups) pure maple syrup
- 175 mL (3/4 cup) chopped walnuts or pecans

Preparation:

1. Place bread cubes in slow cooker.
2. Mix in apples and cook on Low for about 4 hours or until set in centre, sprinkling walnuts over top in 30 minutes.
3. To serve, spoon into bowls, drizzle each with 15 mL (1 tbsp) maple syrup.

FOODLAND ONTARIO

Get stuffing — your chicken, that is

Flavourful apples, almonds, blue cheese and dill livens up dinner-time chicken dishes

Ingredients:

- 4 boneless, skinless chicken breasts about 150 g (5 oz) each
- 150 g of crumbled blue cheese
- 125 mL (1/2 cup) slivered almonds
- 1 apple (preferably McIntosh, Gala or Fuji), peeled, cored and diced
- 15 mL (3 tbsp) chopped fresh dill
- Salt and freshly ground black pepper
- 20 mL (4 tbsp) olive oil
- 20 mL (4 tbsp) of dried minced onion

Preparation:

1. Coat a shallow roasting pan with cooking spray. Using a sharp paring knife, slice a pocket into each chicken breast, as if halving a bagel, without completely cutting through the other side. Arrange chicken in prepared pan and set aside.
2. In bowl, combine blue cheese, almonds, apple and dill and dill. Add a pinch each of salt and black pepper. Mix together with fork until mixture is well blended and comes together.
3. Divide mixture into 4 equal portions and spoon each portion into the pocket of the chicken. Brush olive oil all over the top of the chicken and season with salt, pepper and dried onion.
4. Place in prepared pan and bake in 200C (400 F) oven for 25 to 30 minutes until chicken is golden brown and properly cooked through.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/CROCK-POT

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Almond chicken

▶ Stuffed chicken breast.

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JOB LOSS CAN BE A TOUCHY SUBJECT

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I recently ran into a friend who I know has been fired from his job. I was very uncomfortable and had no idea what to say, which made things even worse and awkward. What should I have said or done? – Jane

▶ If someone you know lost their job, try not to draw unnecessary attention to the situation.

In these economic times most Canadians know of a friend, family member and/or neighbour who has had to deal with unemployment.

Don't judge or lecture. These days, job loss is due to the economic times rather than the person's fault. So how do we deal with this? Be kind, gracious and don't draw unnecessary attention to the uncomfortable situation.

Personally, what I have done in these cases is to either not bring it up and focus on something else like, "How are the kids doing?" or, "I know you love football, what did you think of the game last Sunday?"

However, if you do feel it appropriate to bring up the situation, I would much rather say something like "How are you doing since you left your job?" We all know the person may have been let go, but you don't need to add salt to the wound, and this shows that you care and are being sensitive.

Remember that etiquette is how you make others feel. Making others feel comfortable by being kind and gracious is always the right thing to do.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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ONLINE LEARNING BECOMING AN INTEGRAL PART OF ALL COLLEGE COURSES

The vast physical expanses of Canada are steadily shrinking for students as online learning streams ever deeper into campus life.

Lori Wallace, dean of extended education at the University of Manitoba, says online learning is booming and becoming an integral part of all courses. Eight per cent of U of M courses are available online and more than 20 per cent of undergrad students took at least one online course last year.

"It's become part of the teaching-learning experience," Wallace says.

At the cutting edge, post-secondary institutes are driving distance learning content from desktops to mobile devices, but there are problems with cramming an entire campus into a handheld device.

"How do we design courses that provide the interactivity and rich learning experience that we can provide online on a mobile device? It is increasingly anytime, anywhere," she says.

Al Brady is the executive director at Ontario Learn, an organization of 22 colleges. He says distance learning has grown by 15 per cent each year for the last few years up to its current roster of 67,000 students taking 1,300 courses in Ontario.

Brady says colleges are drawing a lot of middle-aged people who were laid off in the recession, or who worry about being laid off in the future, and want to retrain.

The second big contingent is younger students who have a university degree, but find themselves needing more practical skills to land a good job.

"They're often working several part-time jobs as well as going to school, so the classroom doesn't work for them, but online works excellently," he says. *– Jon Tattrie*

PRACTICAL COURSES ARE BOOMING

For colleges, practical courses are booming. Ontario Learn reports strong growth in nursing, library science and apprentice courses such as electricians. The courses require an in-person element, but much of the work can be done virtually. Organizations like the Canadian Virtual University (cvu-uvc.ca) expand the reach of academic online learning.

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Palestinian medical doctor and peace advocate Dr. Izzeldin Abuelaish with Humber College Fundraising and Volunteer Management students.

HUMBER COLLEGE PHOTO

CHANGING THE WORLD

WITH HUMBER FUNDRAISING PROGRAM

Prospects are good for graduates of the Fundraising and Volunteer Management postgraduate studies program at Humber College.

Prof. Ken Wyman is the program coordinator. Now in its 12th year, he explains that, "There is no other program like this anywhere. There are some places where you can take courses online or part time, but a one-year, live-in-the-classroom experience that takes you from being students in September, through internship in the summer and leading to a job in the fall, there's nothing like the Humber program."

As a profession, fundraising requires long hours. Meetings with volunteers happen evenings and weekends because that's when they are available. One of the most rewarding aspects of this meaningful work is seeing the results: The money you raise can save lives and change the world.

The Humber certificate program is hands-on and concentrates on the skills to build a career as a fundraiser. This is a graduate school program and the academic requirement for admission is a three- or four-year college or university degree.

And job prospects abound for graduates as fundraising is expanding rapidly, in part as a response to government cutbacks. Past experience is promising, with a success rate of more than 90 per cent for Humber grads.

For more information, visit humber.ca/fundraising.

SHADOW AN EXPERT

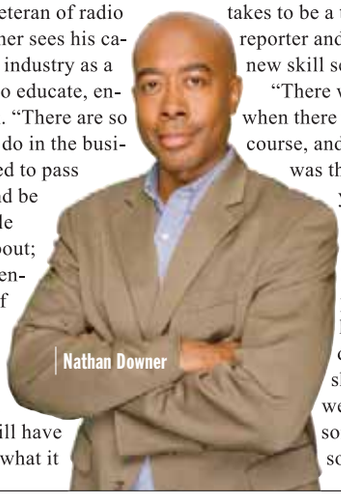
CP24'S NATHAN DOWNER TO TEACH TV CLASS AT CENTENNIAL

Centennial College is offering a new continuing education course in Television News Reporting starting in January. The course was developed and will be instructed by CP24 reporter and anchor Nathan Downer.

A distinguished veteran of radio and television, Downer sees his career in the broadcast industry as a tool that he can use to educate, enlighten and entertain. "There are so many things that we do in the business that I just wanted to pass on my knowledge and be available to let people know what it's all about; just to give them a general understanding of what it is we do and what it takes to do the job."

At the conclusion of the course, you will have an understanding of what it takes to be a television news reporter and how to market your new skill set.

"There was a time long ago when there was no journalism course, and the way you learned was through apprenticeship; you'd shadow somebody who'd done the job and you'd learn from them," explains Downer. "I'm kind of giving the students an opportunity to shadow me for 10 weeks and, hopefully, some of them will get something out of it."



Nathan Downer

COURSE INTRO

WHAT: Television News Reporting — TENR-101
WHO: The course is designed for the person who wants to transition to television from radio or print.
WHEN: Jan. 11, 2012, to March 14, 2012, Wednesdays from 7-10 p.m.
WHERE: Centennial's Centre for Creative Communications, located at 951 Carlaw Ave.

CONTINUING EDUCATION VITAL TO VIBRANT WORKFORCE

A fast-changing and competitive work world means learning must be a lifelong commitment, but Canadians are falling behind the global pack.

Alan Middleton, the executive director at York University's Schulich Executive Education Centre, says continuing education is vital to a vibrant workforce and dynamic economy, but that Canada doesn't do a very good job of it.

"Canada's figures are miserable," he says.

Middleton cites Conference Board of Canada statistics showing that, in 2010, Canada ranked 25th out of 59 countries for commitment to continuing education. China just passed us and India is gaining quickly.

Experts say the lack of upgrading regular skills weakens Canada's ability to innovate.

"That's the really bad news," Middleton says.

Some, like doctors and lawyers, need to use their spare time to keep on top of new research and developments, while others must keep up competence as they work their way up a company.

Budd Hall is a professor in the University of Victoria's school of public administration and a former secretary general of the International Council for Adult Education. He says professional development is a big component of continuing education, but so are personal passions.

"We live in a rapidly changing society. There's no way a formal school system can provide enough canned knowledge to last us more than four or five years," he says. "Some of the old jobs are disappearing, so people are having to retool … while they're still employed."

A good plan is to take at least one course a year in your spare time to strengthen your current position or to prepare for a career move.

But it's not always about money. Hall says many continuing education students are older adults who study in their spare time to nurture a love of the arts or history. Retirement may prove to be the time to finish that novel and a course on writing could take you to the last chapter.

"A lot of people are interested in the history of their community, or having more green spaces in their community," he says, and head to class to learn more.

– Jon Tattrie

AU student Salma and daughter in Edmonton, AB

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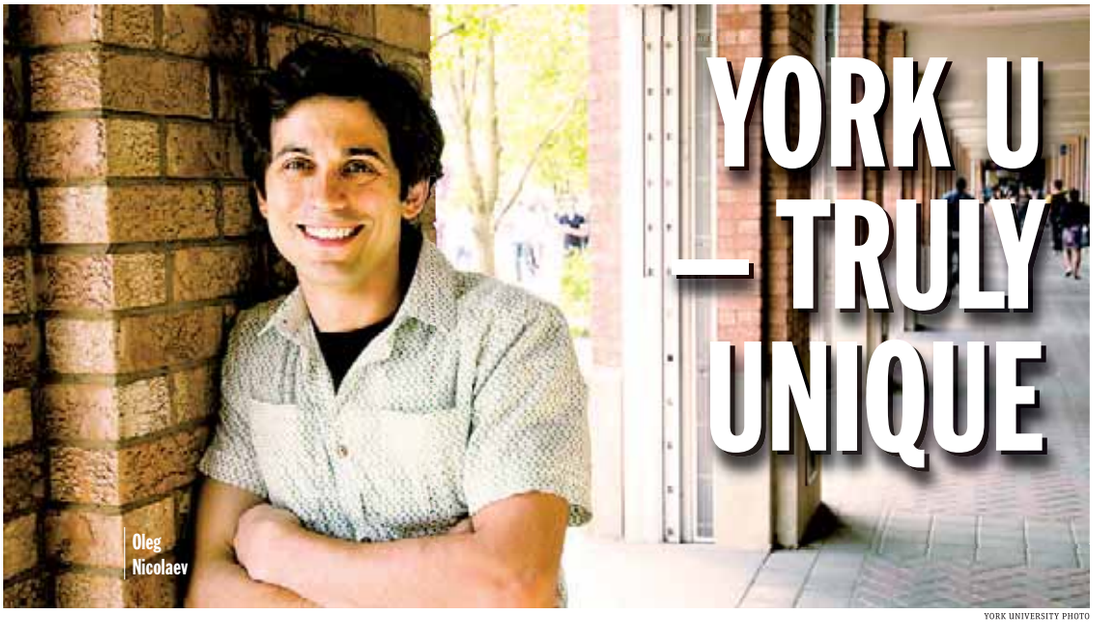


YORK UNIVERSITY PHOTO

YORK U — TRULY UNIQUE

UNIVERSITY OFFERS FLEXIBILITY FOR ITS STUDENTS

Whether you want to start a degree, finish a degree, or simply change careers, York University wants to hear from you.

York understands that returning to school requires careful thought. Many of the university's mature students are men and women with families and careers — they have a lot of responsibilities and not much time. They need programs that offer experiential learning opportunities as they work to enhance their existing careers or switch direction, and class schedules flexible enough to fit their busy lives.

At York, mature students find what they need. York offers full-time and part-time courses, some taught during traditional daytime hours, others in the evening, allowing you access to classes when it's most convenient for you. If there are days when you can't make it to campus, York's e-learning option allows you to study courses from home. If you need help developing or polishing your writing skills, York's writing centres offer year-round workshops and individual sessions.

A flexible approach to education was just what Oleg Nicolaev needed. A fourth-year Business Economics major in his early 30s — and an international student from Belarus — Nicolaev's path to university has been anything but direct. But at York, on the bilingual Glendon Campus, he found his niche.

Studying at Glendon, Ontario's premier bilingual liberal arts campus, provided Nicolaev with a comfortable environment and, just as importantly, an opportunity to improve his skills in French — something he greatly desired. "I could have studied at many different universities," says Nicolaev. "But I could never have had this experience anywhere else but at York.

"It's truly unique."

ELEVATE SKILLS WITH BRIDGING COURSES

Are you one or two requirements shy of being able to enrol in university as a mature student? At York, you can get the help you need to proceed.

York's bridging courses in math, social sciences and the humanities allow you to elevate your skills from high school to university level. You may also qualify for the Transition-Year Program (TYP), which provides an opportunity to transition to university for those who have had trouble doing so due to social and financial barriers. The TYP is an intensive, full-time program combining academic and non-academic activities into a two-term (September to April) session.

Apply now and start in January. For more, see chooseyork.ca.

YORK UNIVERSITY PHOTO

TRANSFER YOUR CREDITS AT YORK

York University is a leader in transfer credit. That's why more than 3,500 transfer students join York each year. If you have already completed courses at an Ontario college, and you want to enhance your options, check out what York has to offer.

A transfer pathway is an arrangement that may be degree or program specific, whereby transfer credit recognition is awarded for a completed program or a partially completed program.

Adrienne Middlebrook transferred from an Ontario college. "I thought, what better way to add to my diploma than to get a degree on top of it?" says the former Humber College student, who completed a three-year diploma in journalism while there and is now majoring in communication studies at York. "I have the practical training and now I'm getting theoretical and experiential knowledge. York gave me a whole year's worth of transfer credits. This means I only have to complete three years out of a four-year program."

For more information, see yorku.ca/transfercredit.

MAXIMIZE OPPORTUNITIES, CHOOSE YOUR PATHWAY TO A NEW CAREER

York University programs are your pathway to a new career.

At York, you can maximize your learning opportunities, combining in-class theory with practical, onsite training.

The university's partnerships with private and not-for-profit sectors allow you to accelerate your career experience through practicums and internships, as well as traditional coursework. Flexible scheduling lets you get the knowledge you need to make the changes you want, no matter how busy your life is.

York's Continuing Education programs expand your options even further, with pre-university studies, certificate programs, exam preparation, professional development courses and information technology qualifications.

"Continuing Education redirected my life," says Mercedes Watson, a recent York grad and now a chartered mediator with a master's degree in Conflict Analysis and Management. "York's programs will change you."

Leigh Sanger, a single mom and busy professional, is moving toward her goal of opening an alternative school for children.

In the Individualized Studies program, she has designed her own social entrepreneurship program to meet her ambition.

"It was a challenge and it took a little bit of time to get used to studying and note taking, but you can find help at the Writing Centre," Sanger explains of her transition back to university.

Mature students also benefit from the services and support of the Atkinson Centre for Mature and Part-time Students (ACMAPS).

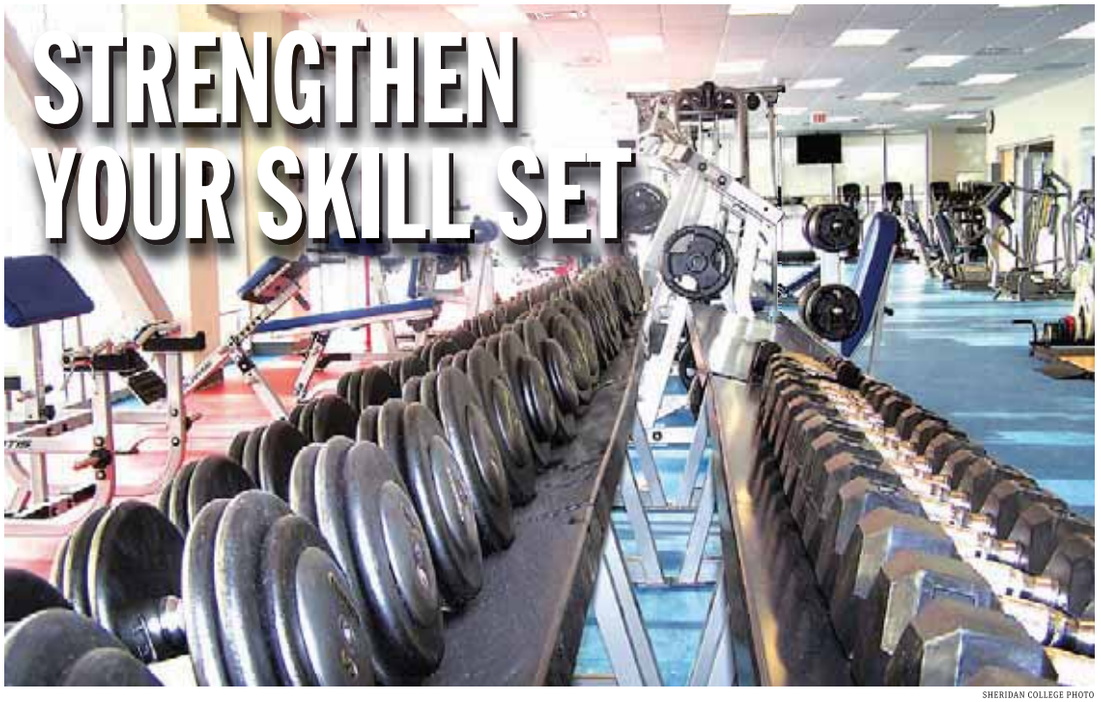
The centre raises awareness of issues affecting students like you, responds to your concerns, and advocates on your behalf.

The centre itself provides a place where mature and part-time students, undergraduates and graduates can meet to share their interests and experiences.

Says Sanger, "It provided a community for me as a commuter student."

YORK UNIVERSITÉ UNIVERSITY

redefine THE POSSIBLE.



STRENGTHEN YOUR SKILL SET

SHERIDAN COLLEGE PHOTO

WITH SHERIDAN'S HUMAN PERFORMANCE TRAINING COURSE

Sheridan College is offering a unique program that will gain attention as we head towards the 2012 Olympic Games.

The Human Performance Training certificate program is designed to develop strength and conditioning coaches, capable of working with elite-level athletes, preparing them for the challenges of their sport, and is the only one of its kind in Canada.

Offered through Continuing Education, the Human Performance Training — Sheridan Certificate will provide professionals currently working in health and human performance settings the opportunity to upgrade their skill set to work with athletes of all levels. The program provides the theoretical and practical skills necessary to design and implement advanced strength and conditioning regimes for both individuals and teams.

The certificate will be offered in a part-time format with mostly evening and weekend classes and you may choose to enrol in any number of courses offered in each semester; there is no timeline for completion of the certificate.

This program is specifically designed for practitioners with pre-existing skills in the field of fitness, kinesiology, exercise science, and coaching. An individual who specializes in human performance training uses advanced training techniques and programming strategies to enhance the performance of any individual of any ability.

The instructors are the best in the field and coach many Olympic athletes. One recent graduate, Matt Verboom, is now a full-time strength coach at Upper Canada College and the strength and conditioning coach for McMaster University's women's basketball team.

The program utilizes Sheridan's Exercise Intervention Research Centre, a 4,000-square-foot strength and conditioning facility, complete with platforms, sprint track and plyometric area to simulate high-performance programming in the field.

To find out more about this unique program, course availability and registration information, visit Sheridan's website at ce.sheridaninstitute.ca or call 905-845-9430, or 905-459-7533, ext. 5190.

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Ingrid Palmer

Graduate, Certificate in Human Resources, began her courses as an HR Manager. She has since been promoted to Business Capability Director at Sears Canada Inc.

"Returning to school provided me with the knowledge and confidence to go after my career dreams. In fact, the pay-off was almost immediate."

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ENCOURAGING A CHILD'S DEVELOPMENT

SENECA OFFERING THE ROLE OF ECE IN FULL-DAY KINDERGARTEN

BRAND X PICTURES/THINKSTOCK

Early childhood educator's are experts in assessing all areas of the individual child's development including cognitively, emotionally, socially and physically. As such, the ECE is an essential partner in developing and implementing the new Ministry of Education's full-day kindergarten programs in Ontario.

Seneca's School of Early Childhood Education now offers The Role of ECE in Full-Day Kindergarten, a series of six workshops designed to support early childhood educators in adapting the academic school kindergarten environment to a child development and play-based curriculum.

Georgette Bigelow is the part-time program co-ordinator at Seneca's Faculty of Continuing Education and Training.

"It's a very different mandate in the full-day kindergarten. ECEs are skilled in child development, so we look at each child individually; how they're developing in all aspects of their life, and then we encourage children to enhance that development through our programming on an individual basis," says Bigelow.

This is somewhat different to the more academic setting of the kindergarten in a public school. "The teacher tries to get all the children to one point at the same time. In ECE, we kind of want all the children to develop at their own pace. It's just a little different philosophy."

According to Bigelow, there is a big difference from going to school for three hours a day than going for the whole day. "In the full-day kindergarten, I think the ministry's goal in hiring ECEs as part of the teaching team is to bring that holistic approach to the kindergarten and support of the teacher in the academics, but as well as support the child in developing all those other areas as well."

Participants in the program are required to have an ECE diploma/degree or be in your last semester/module of the ECE diploma course or have a bachelor of education.

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INVESTING IN EDUCATION OF YOUNG PEOPLE

AT ATHABASCA UNIVERSITY

Bachelor of nursing grad Angelica Akalonu celebrates her graduation with her children at Athabasca University's 2011 convocation.

ATHABASCA UNIVERSITY PHOTO

It is now a lot easier to get the education you have dreamed of at Athabasca University.

Thanks to the support of generous donors, AU students now have 300 per cent more scholarships and bursaries available to them.

"To realize Athabasca University's mission of removing barriers to learning, it is important to pursue means that help to reduce financial barriers for students. Increasing the number of bursaries and scholarships available to our students is an excellent way to reduce the financial barrier to learning," said Pamela Walsh, vice-president of advancement, Athabasca University.

In 2010, AU awarded $900,000 in scholarships and bursaries, up from $300,000 in 2006.

"Investing in the education of young people, and especially those who may not have access to traditional higher-education opportunities, is profoundly important," said Barry Walker, AU alumnus and chair of the university's board of governors.

"My wife and I are passionate about giving students opportunities to gain the knowledge to succeed."

Last year, Walker and his wife, Valerie, created the Walker Family Master of Counselling Scholarship and the Walker Family Faculty of Business Scholarship, which are awarded to two students annually in recognition of their achievements.

Along with these two new scholarships, the Walkers also offer AU students the Walker Family Bachelor of Commerce Post-Diploma Accounting Scholarship.

It is a $1,000 award for students living in rural and remote areas of Canada who demonstrate academic excellence.

Another recently established bursary, the Master of Arts, Integrated Studies Making a Difference, offers one student $2,400 each year, for a maximum of five years.

This bursary is open to part-time students who are single parents, who are aboriginal, who have a disability or who are recent immigrants and encourages this student to complete their studies.

Information on student awards is available at athabascau.ca/registrar/studawrds.php.

– Candice Ward
– with files from Athabasca University

Bachelor of arts grad Teddi Rawlinson, left, celebrates her graduation with best friend Jennelle Heisz at Athabasca University's 2011 convocation.

ATHABASCA UNIVERSITY PHOTO

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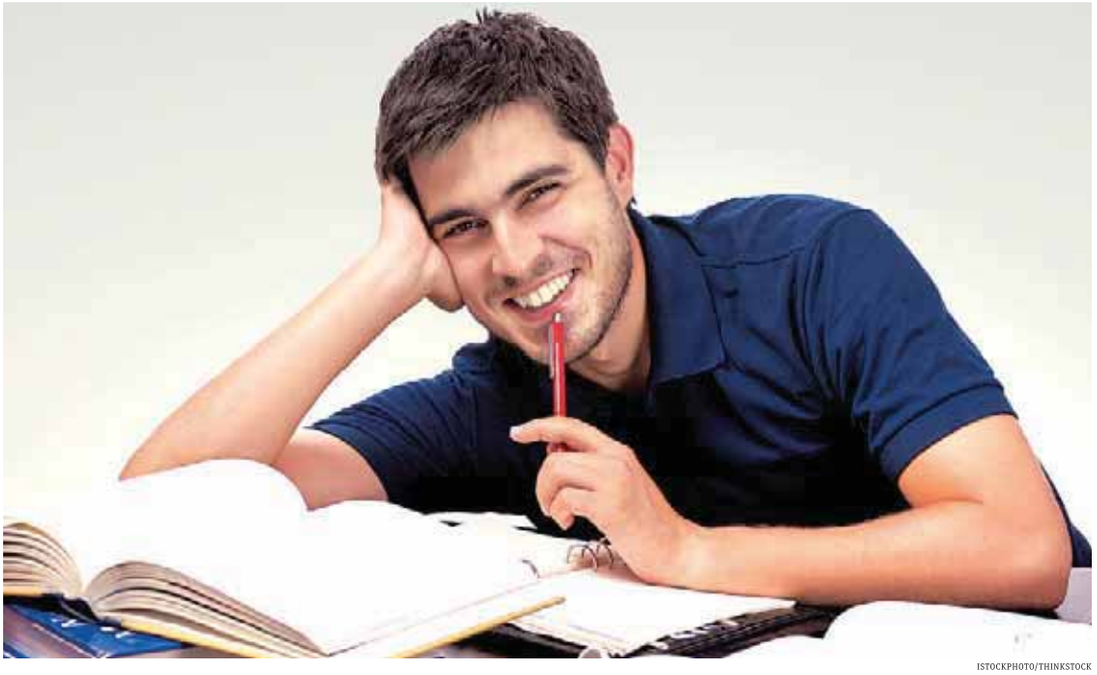

ISTOCKPHOTO/THINKSTOCK

The University of Toronto School of Continuing Studies has an interesting new collaboration with the New York Times Knowledge Network, its online education partner, giving global access to a Certificate in Creative Writing.

Available in an online format, it began this fall. The first four courses — Creative Writing: Introduction; Writing the Novel: Introduction; Writer's Talk: Writing Through Reading; and Memories into Stories: Introduction to Life Writing — will be followed by a whole slate of new online courses to be launched over the course of the next year.

Kathryn Kuitenbrouwer is an instructor of the New York Times Knowledge Network course Writer's Talk: Writing Through Reading.

"The N.Y. Times/U of T course I teach online is uniquely enhanced by the fact that living authors visit for Q&As on particular aspects of writing craft. Roddy Doyle visited and answered questions of the child's perspective, Francine Prose responded to issues of sentence building, Tom McCarthy on pathology in point of view. There is no other course in the world where students would have access to international writers of this calibre and be able to benefit from the wisdom of so many mentors inside one term," she says.

The New York Times program plus several other online writing courses have been quite successful, with at least three overseas students, one in Brazil, one in Singapore, and one in Japan. Students are enrolled from all across Canada and the U.S.

Also, the university is offering a brand new Certificate in Mobile Business Technologies and Applications. With the proliferation of handheld and mobile devices such as Apple's iPad and iPhone, Amazon's Kindle and myriad laptops and netbooks on the market, the international mobile apps industry has exploded. Miguel Vargas Martin and Patrick Hung both teach 2679 Foundations of Mobile Business Technologies, which is the first course in the Certificate program.

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EXPAND YOUR RESUMÉ

GEORGE BROWN COLLEGE PHOTO

WITH ADVANCED COUNSELLING SKILLS CERTIFICATE AT GEORGE BROWN

George Brown College offers an Advanced Counselling Skills Certificate program that helps you learn more advanced counselling interventions by building on the basic skills that you have already acquired. The certificate is intended for graduates of community services or human services counsellor programs from community colleges or universities.

Aurora Rodulfa wasted very little time getting settled in her new country. A graduate of the program who works as a settlement counsellor, Rodulfa is an immigrant who uses her George Brown training in her work as a settlement counsellor for newcomers to Canada. In September 2008, she began taking classes toward the Advanced Counselling Skills Certificate and was pleased with her decision. "I was hooked instantly," she says. "I was very impressed with the teachers' credentials and what they do in the classroom. To be honest, that's why I keep coming back."

This is her third program since 2008. She completed Advanced Counselling in 2009 and Community Mental Health Case Management in 2010.

"Every year, I always have something significant added to my resumé," she says.

The certificate program consists of two compulsory courses — Advanced Counselling Techniques and Mental Health Assessment Skills and three elective courses from a selection of five. To be admitted to the Advanced Counselling Skills Certificate program, you must have graduated from a college or university counselling program, and you must be currently employed or seeking employment in counselling.

Rodulfa explains, "Education is truly an investment in one's self. It helps you to prepare better for the challenges in the Canadian labour market. The opportunity to network with professionals in your field gives you added advantage to resources you can use in your career. There are systemic barriers for internationally-trained professionals to access their profession, but there are boundless possibilities to a good education."

GEORGE BROWN COLLEGE PHOTO

EXPLORE FINE ARTS OPEN HOUSE

The fine arts are alive and well at George Brown College. So alive, in fact, that Continuing Education has its own building dedicated exclusively to the arts.

There will be a Continuing Education Fine Arts Open House at George Brown College's Fine Arts Building Dec. 11. The open house runs from 2-5 p.m., and the building is located at 207 Adelaide St. E., Suite 209. There will be an exhibition of works created in the past semester by students registered in fine arts courses offered through Continuing Education, and instructors will be on hand to answer questions.

CHALLENGE YOURSELF WITH GROWTH

GEORGE BROWN OFFERS GARDEN DESIGN PROGRAM

The George Brown College Continuing Education Garden Design certificate is offered in partnership with the Toronto Botanical Garden.

This certificate takes a practical approach to gardens and landscapes by looking at both the art and the process involved in layouts and planting. It has been designed to be relevant for both beginners and avid gardeners.

Samantha Armstrong was ready for a new challenge after 17 years of long hours in the film industry. "I was looking for a career change," she says. "Garden design was one of the things that attracted my interest immediately. I had enjoyed gardening on my own for many years; it was something I wanted to try professionally. It would be a big change, but I knew I would still need many of the organizational and other skills I developed working in the film industry."

GEORGE BROWN COLLEGE PHOTO

After deciding on a path to pursue, Armstrong began to research her education and training options. "Some places didn't offer garden design while others only offered it as part of a full-time horticulture program or something else," she says.

"I wanted an in-classroom experience, and George Brown had exactly what I wanted."

George Brown's courses also deal with a gardening reality for many people: Life in the city. While container gardening and edible gardening in the city teaches students how to choose the right plants, soil mixes, fertilizer and watering methods or maintaining those plant choices, the classes also teach students to garden in a variety of settings — from patio containers and vertical gardens to raised beds and community plots.

"Urban gardening is an increasingly popular pursuit and these courses offer gardeners an opportunity for personal development and professional entry-level training," says Lynne Kurylo, chair of Liberal Studies in the School of Continuing Education, George Brown College.

FORGET GIFTS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Do you want to do something really memorable for your friends and family this holiday season? Don't buy or receive a single gift.

Make a difference in your community by donating to charities on behalf of your friends and family.

One of the best holiday giving tools in Canada is Canadahelps.org. This organization connects donors with over 80,000 registered charities in Canada.

Canadahelps.org has a holiday program called the Cause Wish List whereby instead of gifts (or as well as gifts), you and your friends support your favourite charities. The program is very simple; create your account, choose the design of your 'stocking', determine how much money you'd like to raise and pick the charities you want to support. Then, send out your Cause Wish List link to friends, family and colleagues. It's that simple!

If you don't want to raise money, volunteer instead. Organize your posse to go and pack hampers at the food bank, build a playground for your local women's shelter or spend time carolling or visiting with the elderly at a nearby seniors home.

If you're not sure what charities you're interested in supporting, do a little soul searching. What are you passionate about? Ensuring children have affordable access to sports? Align your giving with an organization that represents your passions.

Be bold this holiday season! Use the spirit of giving to uplift your community.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

Your money needs first

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

As the baby boomer bulge gets older there are lots of us with parents needing help and kids who are still dependent.

But many who are younger than boomers find themselves in the same fix.

Take Mariah and Dawn. They're twins, 37 and very close. Mariah, divorced with two boys, lives in Vancouver and Dawn, recently separated with a daughter, is in Edmonton.

Money is tight, time tighter and they are both completely stressed about their unemployed younger brother and their seventy-something parents who live in Nova Scotia.

The twins admit they are "kind of bad" with money. But they are torn between helping their parents who have little savings and their own financial demands. Dawn has twice increased her credit limit to send money to their parents and Mariah has just flown their brother to Vancouver to live with her until he gets a job.

Neither is contributing to their kids' RESPs and both are considering stopping RRSP contributions for a couple of years.

They asked me for advice. Here it is. Whoa!

I told Mariah and Dawn to imagine they are on an airplane with their kids and the cabin depressurizes.

According to pre-flight instructions, they should put on their own masks and then help the children.

But it's hard to do when you are fearful for your kids' lives. You naturally want to help them first.

However, the fact is that if you don't take care of yourself you may not be capable of helping your kids.

The same is true of money. Mariah and Dawn should focus on putting their own financial houses in order first. Unless their brother has some kind of health problem he can fend for himself.

Nor should they start forking out money to their parents before a plan is in place for the future including the possibility of downsizing, assembling community supports, applying for seniors housing and creating a thorough budget so the twins know exactly where their parents stand. Mariah and Dawn must concentrate on their own financial health first. Otherwise they put their future welfare in jeopardy, which will leave them unable to help their family members.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Dollars and sense

Three resources for the sandwich generation:

- **Credit Education Week Canada:** cewc.ca
- **Financial Consumer Agency of Canada:** fcac.gc.ca
- **Investor Education Fund:** getsmarteraboutmoney.ca

ISTOCK

▶ Alison's money rule: If you're part of the sandwich generation help yourself first in order to help your family best.

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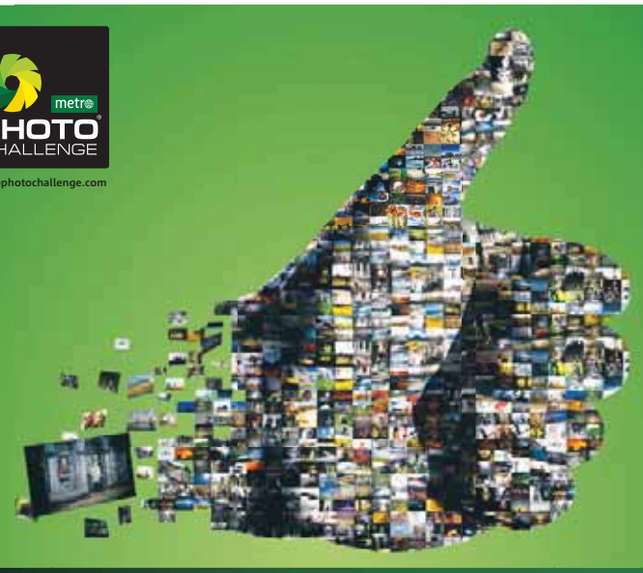

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Pitchers should not be MVPs: Bautista

Jose Bautista doesn't think starting pitchers should qualify for MVP awards.

The Toronto Blue Jays slugger spoke out after Detroit Tigers ace Justin Verlander took the American League MVP award yesterday ahead of Boston's Jacoby Ellsbury and Bautista.

"There's nothing in the criteria that says a pitcher cannot receive the award," said Bautista on a conference call. "But at the same time, there's a couple of items that should eliminate a pitcher from receiving the award from the get go."

In particular, Bautista was critical of the amount of time starting pitchers play compared to fielders who are in the lineup on a daily basis.

Verlander received 13 of 28 first-place votes and 280 points in voting announced by the Baseball Writers' Association of America. Ellsbury came second with four firsts and 242 points, followed by Bautista with five firsts and 231 points.

"It doesn't make a difference to me if Verlander of Ellsbury wins," said Bautista. "The bottom line is that I wasn't chosen but, at the same time, I know that he (Verlander) had a great season and I feel excited for him, that he was able to get the award."

THE CANADIAN PRESS

GENE J. PUSKAR/THE ASSOCIATED PRESS

▶ Sidney Crosby scores a first-period goal over Islanders goalie Anders Nilsson last night.

A dazzling return

Crosby quick to get on the board in first game since his concussion

There were lofty expectations surrounding Sidney Crosby's long-awaited return to NHL action, and the Pittsburgh Penguins captain delivered almost immediately with a goal fit for a superstar.

Crosby opened the scoring of Pittsburgh's game against the New York Islanders last night. He collected the puck near centre ice, carried it into the Islanders' zone, muscled his way past Islanders defenceman Andrew MacDonald and flipped a backhand over goaltender Anders Nilsson.

The goal, at 5:24 of the first period, came on Pittsburgh's first shot of the game.

"I've never been away from hockey for that long, so I'm just excited to play again."
SIDNEY CROSBY, BEFORE LAST NIGHT'S GAME

Crosby wasn't done there. He scored on a backhand from a sharp angle in the third period, ringing the puck off the post and past Nilsson, and added a pair of assists to lead the Penguins to a 5-0 win.

For the Stanley Cup champion and Olympic gold medallist, this was more proof that Crosby knows how to deal with the burden of great expectations.

He's experienced the pressure to perform at an elite level since he was a 13-year-old whose immeasurable talent made him a household name throughout Canada. The same pressure he felt as an 18-year-old debuting in the NHL in 2005, and as a 22-year-old carrying the weight of an entire nation at the 2010 Vancouver Olympics.

What figured to be the most routine of November regular-season games, a Monday-night Islanders-Pittsburgh matchup, was transformed into perhaps the NHL's most anticipated when the Penguins revealed yesterday that Crosby would play following a 10 months-plus concussion layoff.

Suddenly, tickets that were selling online for $150 US doubled and tripled in price.

The crowd roared as Crosby's name was announced during the pregame skate, and fans held up signs that read "Welcome back Sid." A loud chant of "Crosby" lasted until just before the U.S. national anthem.

THE ASSOCIATED PRESS

4 sports

Sports in brief

Seattle Mariners outfielder Greg Halman was stabbed to death early yesterday, police said, cutting short the life and career of one of the few Dutchmen to make it into Major League Baseball.

His club and baseball officials hailed the 24-year-old Halman as a young man with a passion for the game and for instilling it in youngsters.

THE ASSOCIATED PRESS

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Banged-up Leafs may get Mac back

MacArthur likely to return vs. Bolts ◗ 'Guys were going down like crazy,' says forward of rash of injuries

Toronto Maple Leafs forward Clarke MacArthur expects to be back in the lineup tonight against the Tampa Bay Lightning and the team hopes its spate of bad-luck injuries is over.

"(Tonight's) what I'm hoping for," said MacArthur. "You never want guys getting hurt, especially in bunches like this."

MacArthur has missed three games with an undisclosed upper body injury on a Leafs injury list that includes Mikhail Grabovski (lower body), Mike Komisarek (broken arm), Matthew Lombardi (arm), James Reimer (head), Colby Armstrong (high ankle sprain) and Mike Brown (undisclosed).

LEAFS LIGHTNING

Time: 7:30 p.m.
TV: Sportsnet

"It was an innocent play where I fell off a faceoff and a guy fell on me," said MacArthur. "It was tough luck. It wasn't even a hard play or a hard hit."

The play happened in the first period against Phoenix last week and started a slew of injuries that continued the next period and the next game.

"Grabovski went out after me. And we're sitting at home watching the Nashville game (on Thursday) and we see Lombardi, and Komisarek (get hurt) and it's like, holy man," said MacArthur. "Guys were going down like crazy."

MacArthur will be the first of that group back. He has seen injuries ravage a team first-hand before.

"My second year pro, I got called up (to Buffalo) in February and I swear, the first game I got called up we had a guy go down for five, six straight games," said MacArthur. "We had like half the American league team up. That's when the Sabres were in first place, and we kept winning."

TORSTAR NEWS SERVICE

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Yorkdale Mall

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	19	11	5	2	1	73	58	25	5-3-1-1	6-2-1-0	6-2-1-1	L1
d-Buffalo	20	12	8	0	0	58	51	24	5-6-0-0	7-2-0-0	6-4-0-0	L1
d-Florida	19	10	6	0	3	56	48	23	3-2-0-3	7-4-0-0	5-2-0-3	W1
Pittsburgh	20	11	6	1	2	60	50	25	6-1-1-0	5-5-0-2	5-4-0-1	L2
Toronto	21	11	8	1	1	63	69	24	6-3-1-1	5-5-0-0	4-5-0-1	L1
NY Rangers	17	10	4	1	2	47	37	23	5-1-0-1	5-3-1-1	7-2-0-1	L1
Boston	18	11	7	0	0	64	39	22	8-5-0-0	3-2-0-0	8-2-0-0	W8
Ottawa	21	10	9	1	1	62	70	22	5-4-0-1	5-5-1-0	4-4-1-1	L1
Washington	18	10	7	0	1	58	56	21	6-1-0-1	4-6-0-0	3-6-0-1	L4
New Jersey	18	10	7	0	1	49	50	21	4-3-0-1	6-4-0-0	6-4-0-0	W2
Montreal	20	9	8	1	2	53	49	21	4-4-1-2	5-4-0-0	6-2-1-1	W1
Tampa Bay	19	9	8	0	2	54	60	20	6-2-0-0	3-6-0-2	5-5-0-0	L1
Winnipeg	20	8	9	2	1	58	65	19	5-3-0-0	3-6-2-1	5-3-2-0	W3
Carolina	21	7	11	2	1	49	70	17	5-5-0-1	2-6-2-0	3-7-0-0	W1
NY Islanders	17	5	9	2	1	35	56	13	5-5-1-0	0-4-1-1	2-5-2-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	20	12	5	2	1	47	40	27	7-2-1-0	5-3-1-1	9-1-0-0	W4
d-Chicago	21	12	6	1	2	71	67	27	7-1-0-2	5-5-1-0	5-4-1-0	L2
d-San Jose	18	12	5	1	0	57	43	25	5-3-1-0	7-2-0-0	7-2-1-0	W3
Nashville	19	10	5	3	1	53	48	24	4-2-2-1	6-3-1-0	6-1-3-0	L1
Phoenix	18	10	5	1	2	51	45	23	5-3-1-1	5-2-0-1	7-2-1-0	W1
Detroit	19	11	7	1	0	53	43	23	7-2-1-0	4-5-0-0	6-3-1-0	W2
Los Angeles	20	10	7	1	2	49	48	23	6-5-0-1	4-2-1-1	4-5-0-1	L1
Dallas	19	11	8	0	0	49	54	22	6-3-0-0	5-5-0-0	4-6-0-0	L5
Edmonton	19	10	7	0	2	50	45	22	6-2-0-1	4-5-0-1	5-5-0-0	W1
St. Louis	19	10	7	0	2	48	43	22	7-1-0-1	3-6-0-1	5-3-0-2	L1
Vancouver	20	10	9	0	1	58	57	21	5-3-0-1	5-6-0-0	6-4-0-0	W1
Colorado	21	9	11	1	0	56	65	19	3-7-0-0	6-4-1-0	2-7-1-0	L1
Calgary	18	8	9	1	0	41	47	17	4-5-1-0	4-4-0-0	5-5-0-0	W1
Anaheim	20	6	10	1	3	41	62	16	4-6-0-0	2-4-1-3	1-6-1-2	L4
Columbus	19	4	13	0	2	43	69	10	3-6-0-1	1-7-0-1	3-6-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Carolina at Philadelphia
N.Y. Islanders at Pittsburgh
Phoenix at Washington
Calgary at Columbus
Boston at Montreal
New Jersey at Florida
Edmonton at Dallas

Sunday's results
Vancouver 2 Ottawa 1 (OT)
Carolina 3 Toronto 2
Detroit 4 Anaheim 2
San Jose 4 Colorado 1

Tonight's games
Toronto at Tampa Bay, 7:30 p.m.
Los Angeles at St. Louis, 8 p.m.
Edmonton at Nashville, 8 p.m.

Tomorrow's games
Boston at Buffalo, 7 p.m.
Columbus at New Jersey, 7 p.m.
Philadelphia at N.Y. Islanders, 7 p.m.
St. Louis at Pittsburgh, 7 p.m.
Winnipeg at Washington, 7 p.m.
Montreal at Carolina, 7 p.m.
Calgary at Detroit, 7 p.m.
N.Y. Rangers at Florida, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
Los Angeles at Dallas, 8:30 p.m.
Vancouver at Colorado, 9 p.m.
Anaheim at Phoenix, 9 p.m.
Chicago at San Jose, 10:30 p.m.

SUNDAY

HURRICANES 3, MAPLE LEAFS 2

First Period
1. Carolina, Harrison 2 (Skinner, E.Staal) 19:31
Penalty — Phaneuf Tor (hooking) 8:46.
Second Period
2. Carolina, Jokinen 4 (Faulk, Ponikarovsky) 7:05 (pp)
Penalties — Frattin Tor (hooking) 5:06, Kessel Tor (hooking), Bra.Sutter Car (roughing) 7:54, Gunnarsson Tor (slashing) 13:24, Ruutu Car (slashing) 14:10, Bozak Tor (high-sticking) 19:21.
Third Period
3. Toronto, Kessel 15 (Phaneuf, Connolly) 4:31 (pp)
4. Carolina, Skinner 8 (E.Staal, Allen) 13:08
5. Toronto, Kessel 16 (Liles, Connolly) 19:00
Penalties — Colborne Tor (slashing), LaRose Car (cross-checking) 3:08, Ponikarovsky Car (elbowing) 4:06, Kessel Tor (slashing) 16:24.
Shots on goal by

Toronto	5	7	13	25
Carolina	10	19	12	41

Goal — Toronto: Scrivens (L,2-4-1); Carolina: Ward (W,7-8-2).
Power plays (goals-chances) — Toronto: 1-2; Carolina: 1-5.
Referees — Dan O'Halloran, Gord Dwyer.
Linesmen — Ryan Galloway, Anthony Sericolo.
Att. — 13,187 (18,680) at Raleigh, N.C.

CANUCKS 2, SENATORS 1 (OT)

First Period
No Scoring.
Penalties — Greening Ott (interference) 2:31, Da Costa Ott (high-sticking) 5:09, Alberts Vcr (hooking) 14:18.
Second Period
1. Vancouver, H.Sedin 7 (D.Sedin, Kesler) 2:31 (pp)
Penalties — Gonchar Ott (tripping) 0:44, Alberts Vcr (boarding) 8:40, Bieksa Vcr (high-sticking) 14:56, Volpatti Vcr (hooking) 18:28, Gonchar Ott (high-sticking) 18:46.
Third Period
2. Ottawa, Greening 6 (Spezza, Gonchar) 3:32
Penalty — Bieksa Vcr (tripping) 8:46.
Overtime
3. Vancouver, Higgins 7 (Hamhuis, Salo) 2:18
Penalties — None.
Shots

Ottawa	8	8	11	2—29
Vancouver	8	6	10	3—27

Goal*@* — Ottawa: Auld (L,0-3-1); Vancouver: Schneider (W,3-4-0).
Power plays (goals-chances) — Ottawa: 0-4; Vancouver: 1-4.
Referees — Tim Peel, Kelly Sutherland. **Linesmen** — Vaughan Rody, Mark Wheler.
Attendance — 18,860 (18,860) at Vancouver.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	13	29
Giroux, Pha	11	15	26
Lupul, Tor	10	15	25
Vanek, Buf	11	13	24
D.Sedin, Vcr	6	18	24
Ma.Hossa, Chi	9	14	23
Kopitar, LA	9	14	23
Pominville, Buf	8	15	23
Versteeg, Fla	9	13	22
P.Kane, Chi	7	15	22
H.Sedin, Vcr	6	16	22
Seguin, Bos	11	10	21
Neal, Pgh	12	8	20
Franzen, Det	10	10	20
Skinner, Car	8	12	20
Spezza, Ott	6	14	20
Backstrom, Wash	5	15	20
Plekanec, Mtl	5	15	20
J.Thornton, SJ	5	15	20
Pavelski, SJ	11	8	19
Smyth, Edm	11	8	19
Stamkos, TB	11	8	19
Toews, Chi	10	9	19
Marleau, SJ	9	10	19
T.Fleischmann, Fla	8	11	19
Nugent-Hopkins, Edm	7	12	19
Selanne, Ana	7	12	19
P.Sharp, Chi	7	12	19
Benn, Dal	5	14	19
Michalek, Ott	12	6	18
Eriksson, Dal	9	9	18
Elias, NJ	8	10	18
Weiss, Fla	7	11	18
Campbell, Fla	1	17	18
Karlsson, Ott	1	17	18
Pacioretty, Mtl	9	8	17
Hartnell, Pha	8	9	17
Jagr, Pha	6	11	17
Eberle, Edm	5	12	17
M.Bergeron, TB	3	14	17
J.Staal, Pgh	10	6	16
Duchene, Col	9	7	16
M.Richards, LA	8	8	16
Tavares, NYI	8	8	16
St. Louis, TB	5	11	16
Edler, Vcr	3	13	16

Last night's games not included

NFL

WEEK 11

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	3	0	.667	259	200
N.Y. Jets	5	5	0	.500	228	217
Buffalo	5	5	0	.500	237	253
Miami	3	7	0	.300	193	186

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	3	0	.700	273	166
Tennessee	5	5	0	.500	203	195
Jacksonville	3	7	0	.300	125	180
Indianapolis	0	10	0	.000	131	300

NORTH

	W	L	T	Pct	PF	PA
Baltimore	7	3	0	.700	256	176
Pittsburgh	7	3	0	.700	220	179
Cincinnati	6	4	0	.600	236	195
Cleveland	4	6	0	.400	145	193

WEST

	W	L	T	Pct	PF	PA
Oakland	6	4	0	.600	235	254
Denver	5	5	0	.500	205	247
Kansas City	4	5	0	.444	141	218
San Diego	4	6	0	.400	236	259

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	6	4	0	.600	250	206
N.Y. Giants	6	4	0	.600	228	228
Philadelphia	4	6	0	.400	237	213
Washington	3	7	0	.300	160	205

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	6	4	0	.600	235	213
Tampa Bay	4	6	0	.400	182	268
Carolina	2	8	0	.200	225	286

NORTH

	W	L	T	Pct	PF	PA
Green Bay	10	0	0	1.000	355	212
Detroit	7	3	0	.700	301	219
Chicago	7	3	0	.700	268	207
Minnesota	2	8	0	.200	200	271

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	1	0	.900	256	145
Seattle	4	6	0	.400	168	209
Arizona	3	7	0	.300	190	236
St. Louis	2	8	0	.200	120	247

Open: Houston, Indianapolis, New Orleans, Pittsburgh
Last night's result
Kansas City at New England
Sunday's results
Green Bay 35, Tampa Bay 26
Oakland 27, Minnesota 21
Detroit 49, Carolina 35
Dallas 27, Washington 24, OT
Cleveland 14, Jacksonville 10
Baltimore 31, Cincinnati 24
Miami 35, Buffalo 8
San Francisco 23, Arizona 7
Seattle 24, St. Louis 7
Chicago 31, San Diego 20
Atlanta 23, Tennessee 17
Philadelphia 17 N.Y. Giants 10
Thursday's results
Denver 17, N.Y. Jets 13

TENNIS

BARCLAYS ATP WORLD TOUR FINALS

Round Robin
Singles
Group A
David Ferrer (5), Spain, def. Andy Murray (3), Britain, 6-4, 7-5.
Novak Djokovic (1), Serbia, def. Tomas Berdych (7), Czech Republic, 3-6, 6-3, 7-6 (3).
Standings: Ferrer 1-0 (2-0), Djokovic 1-0 (2-1), Berdych 0-1 (1-2), Murray 0-1 (0-2).
Group B
Standings: Federer 1-0 (2-1), Nadal 1-0 (2-1), Fish 0-1 (1-2), Tsonga 0-1 (1-2).
Doubles
Group A
Robert Lindstedt, Sweden, and Horia Tecau (6), Romania, def. Mahesh Bhupathi and Leander Paes (4), India, 7-6 (6), 6-1.
Bob and Mike Bryan (1), United States, vs. Jurgen Melzer, Austria, and Philipp Petzschner (7), Germany, 6-7 (4), 7-5, 10-7 tiebreak.
Standings: Lindstedt-Tecau 1-0 (2-0), Bryan-Bryan 1-0 (2-1), Melzer-Petzschner 0-1 (1-2), Bhupathi-Paes 0-1 (0-2).
Group B
Standings: Fyrstenberg-Matkowski 1-0 (2-1), Mirnyi-**Nestor** 1-0 (2-1), Bopanna-Qureshi 0-1 (1-2), Llodra-Zimonjic 0-1 (1-2).

FOOTBALL

CIS PLAYOFFS

Friday's results
All times Eastern

UTECK BOWL
At Moncton, N.B.
McMaster 45 Acadia 21

MITCHELL BOWL
Laval 41 Calgary 10
Friday, Nov. 25

VANIER CUP
At Vancouver
Uteck vs. Mitchell Bowl winners, 9 p.m.

SOCCER

MLS PLAYOFFS

MLS CUP
Sunday's result
At Carson, Calif.
Los Angeles 1 Houston 0

ENGLAND

PREMIER LEAGUE
Yesterday's result
Tottenham Hotspur 2 Aston Villa 0

SPAIN

PRIMERA DIVISIÓN
Yesterday's result
Racing Santander 1 Málaga 3

CFL PLAYOFFS

DIVISION FINALS

Sunday's results
EAST
Winnipeg 19 Hamilton 3
WEST
B.C. 40 Edmonton 23

99TH GREY CUP

Sunday, Nov. 27
At Vancouver
All times Eastern
Winnipeg vs. B.C. , 6:30 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE
BALTIMORE ORIOLES—Agreed to terms with INF Matt Antonelli on a one-year contract.

NATIONAL LEAGUE
PHILADELPHIA PHILLIES—Named Dusty Wathan manager of Reading (EL); Chris Truby manager of Clearwater (FSL); Mickey Morandini manager and Les Lancaster pitching coach for Lakewood (SAL); Andy Tracy manager and Aaron Fultz pitching coach for Williamsport (NYP); Andy Abad outfield/baserunning coordinator and Jorge Velandia assistant field coordinator.
PITTSBURGH PIRATES—Agreed to terms with INF Clint Barmes on a two-year contract.
ST. LOUIS CARDINALS—Named Ron Warner manager of Memphis (PCL); Mike Shildt manager and Bryan Eversgerd pitching coach for Springfield (Texas); Johnny Rodriguez manager of Palm Beach (FSL); Luis Aguayo manager and Arthurs Adams pitching coach for Quad Cities (MWL); Oliver Marmol manager of Johnson City (Appalachian); and Tim Leveque pitching coach for the GCL Cardinals.

NFL

NFL—Fined New York Jets coach Rex Ryan $75,000 for using profanity while angrily responding to a fan at halftime of New York's loss to New England on No. 13.
NEW YORK JETS—Signed LB Eddie Jones to the practice squad. Released LB Ricky Sapp from the practice squad.

HOCKEY

NHL—Fined Buffalo F Patrick Kaleta $2,500 for high sticking Phoenix D Derek Morris in a Nov. 19 game. Fined San Jose F Ryane Clowe $2,500 for slashing Dallas D Stephane Robidas in a Nov. 19 game.
CAROLINA HURRICANES—Recalled F Brett Sutter from Charlotte (AHL). Reassigned F Zach Boychuk and F Zac Dalpe to Charlotte.
COLUMBUS BLUE JACKETS—Recalled G Allen York from Springfield (AHL). Assigned LW Matt Calvert to Springfield.
DETROIT RED WINGS—Reassigned D Gleason Fournier from Grand Rapids (AHL) to Toledo (ECHL).
PHOENIX COYOTES—Recalled D Maxim Goncharov from Portland (AHL).

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I am a woman married to a man who is older than me, in the last six months his health began to deteriorated without a scientific reason I was very concerned about that because I really love him, after we visited AMAZONIAN S. we discovered that he was being a victim of witchcraft influence, made for a persons who tried to take his management position, thanks SHAMAN for healed him and run away from us the person who wants to harm us. *PAULINA*

I don't have margin of error. 33 years of experience.
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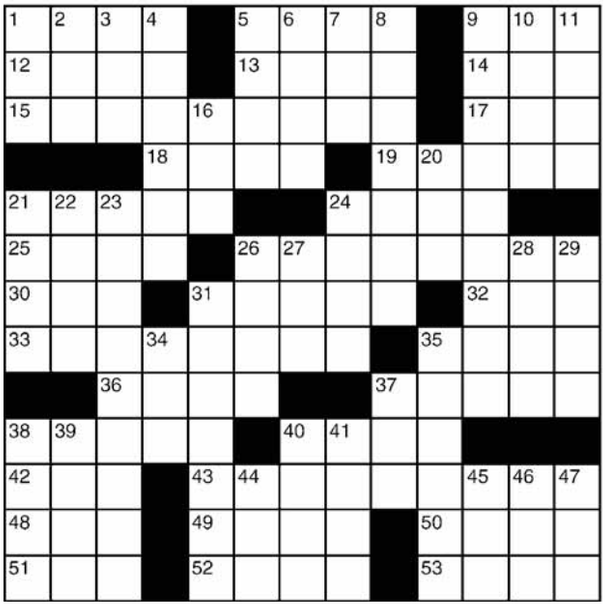
Crossword



Across

1 Perjured oneself
5 Start from scratch
9 Craze
12 Farm fraction
13 Fermi's tidbit
14 Salt Lake athlete
15 Sprout
17 Depressed
18 Elevator name
19 Uncomfortable, as a mattress
21 Denominations
24 "Frasier" actress Gilpin
25 Verifiable
26 Light snowfalls
30 Have a bug
31 Pops
32 Hearty brew
33 Bring to mind
35 Pack cargo
36 Levin and Gershwin
37 Verses
38 Huge mistake
40 Hawaiian island
42 Literary collection
43 End
48 Performance
49 Therefore
50 Two-way
51 Witness
52 Beams of sunlight
53 Read cursorily

Down

1 Trail the pack
2 Lemieux milieu
3 Goof up
4 Remove a stripe, maybe
5 Hindu royal
6 Greek vowels
7 Web address
component
8 Brunch entrees
9 Denounce
10 On
11 Moist in the morn
16 Where — at
20 Spoon-bender Geller
21 Celebrity
22 One of HOMES
23 Reach a peak
24 Carson's predecessor
26 Corn castoffs
27 Rhyming tribute
28 Latch (onto)
29 Stitches
31 "Are You — Than a 5th Grader?"
34 Before
35 Noises
37 — Beta Kappa
38 Sheepish remarks?
39 Formerly
40 Group revelry
41 Andy's pal, on old radio
44 Historic time
45 Arctic diving bird
46 Mai — (cocktail)
47 Shade provider

▶ Yesterday's answer

A	L	T	S	■	S	I	R	■	S	A	G	S
R	E	L	I	A	N	C	E	■	C	L	U	E
K	I	C	K	B	A	C	K	■	R	A	R	E
■	■	■	K	E	G	■	I	C	A	R	U	S
L	I	M	I	T	■	S	N	O	W	■	■	■
A	D	A	M	■	P	A	D	D	L	E	S	■
B	E	Y	■	T	R	U	L	Y	■	W	A	S
■	S	O	M	E	O	N	E	■	P	E	R	U
■	■	■	E	R	M	A	■	A	E	R	I	E
S	A	L	A	M	I	■	O	W	E	■	■	■
P	L	U	G	■	S	I	D	E	K	I	C	K
A	O	N	E	■	E	V	I	D	E	N	C	E
S	E	A	R	■	S	E	N	■	D	A	L	Y

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

8			3		2			7
	3		4		1		6	
		7				1		
		3	8		6	2		
9								5
		4	5		3	7		
		6				9		
	7		6		9		5	
1			2		4			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	5	6	4	1	8	9	3	7
1	8	9	3	5	7	6	4	2
3	7	4	2	9	6	5	8	1
4	1	5	6	7	3	8	2	9
6	9	3	5	8	2	1	7	4
8	2	7	9	4	1	3	6	5
7	6	2	1	3	9	4	5	8
5	3	1	8	2	4	7	9	6
9	4	8	7	6	5	2	1	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Stephen, Welcome home!!!! I missed you very much, It's going to be your birthday soon woohooo 20 yrs old wow Where has the time gone, I remember just like it were yesterday you waking up every half hour for something to eat you were alway hungry I guess that hasn't changed Hahaha, I love you Stephen with all my heart. **MOMMY**

Stefan LP, You are the reason I wake up every morning with a smile on my face. Knowing you are there for me is the only thing I need to get me through the day. Everyone doubts this will last; let's prove them wrong! Love you baby! **YOUR BUTTERSCOTCH COOKIE**

Bee, Thanks for the greatest 6 months babe. Your the best and I feel lucky everyday for having you. I love you bee. **RDOMO**

Today's horoscope

Aries March 21-April 20 What you did before is irrelevant – it's what you do next that counts.

Taurus April 21-May 21 Don't let minor setbacks worry you because overall your prospects are remarkably good.

Gemini May 22-June 21 You can and you must be more open with those you live, work and do business with.

Cancer June 22-July 22 If you can't beat it you might as well enjoy it.

Leo July 23-Aug.23 You have always been adventurous, but over the next few weeks there will be no limits at all.

Virgo Aug. 24- Sept. 22 Don't keep your dreams to yourself – share them with family and friends you can trust.

Libra Sept. 23-Oct. 23 The Sun's change of signs means a change of scene will do you the world of good.

Scorpio Oct. 24-Nov. 22 Your confidence may dip a bit today, but you'll be back to your best very soon.

Sagittarius Nov. 23-Dec. 21 Identify your goal, and soon you will reach it.

Capricorn Dec. 22-Jan. 20 Some kind of hidden knowledge will be revealed to you today and if you are smart you will make good use of it.

Aquarius Jan. 21-Feb. 18 If you make an effort to get out into the world today you may meet someone who inspires you to believe that people are not so bad after all.

Pisces Feb. 19-March 20. Cosmic activity in the career area of your chart means you will enjoy some kind of good fortune on the work front today and, most likely, for the rest of the week.

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